



ADHD Support and Signposting Links

December 2025



UK ADHD Support / Signposting Links

- (a) ADHD Foundation – Parents & Carers
Offers webinars, courses, and resources to help parents understand + support their child's ADHD.
adhdfoundation.org.uk
- (b) ADHD Foundation – Children & Young People
Resources, guides, and videos aimed at kids and teens with ADHD. adhdfoundation.org.uk
- (c) ADDISS
The National Attention Deficit Disorder Information & Support Service; provides info, helpline, and resources for families. addiss.co.uk
- (d) ADHD UK – Support Groups
Peer-to-peer support, online groups, and expert-led events — including a Facebook group for parents of children with ADHD. ADHD UK
- (e) ADHD Aware – Parent Support Group
Monthly Zoom meetings for parents of children or young people with ADHD. ADHD Aware
- (f) Their Welcome Pack has more info on joining. ADHD Aware
- (g) ADHD Embrace
Charity for parents and professionals; offers seminars, resources, and a community. adhdembrace.org
- (h) ADHDKids.org.uk
Parenting programme specifically for ADHD in children — practical tips, coaching, and lived-experience advice. adhdkids.org.uk
- (i) Connect (Children's ADHD Intervention Team)
NHS-linked resource library with practical ADHD guides (sleep, routines, managing stimulation, etc).
connect.humber.nhs.uk
- (j) Hyperactive Children's Support Group (HACSG)
Focuses on dietary approaches, complementary therapies, and nutrition in ADHD. (Listed in ADHD Compass resources) adhdcompass.co.uk