

ADHD Support and Signposting Links

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UK ADHD Support / Signposting Links

- (a) ADHD Foundation – Parents & Carers
Offers webinars, courses, and resources to help parents understand + support their child's ADHD.
adhd.foundation.org.uk
- (b) ADHD Foundation – Children & Young People
Resources, guides, and videos aimed at kids and teens with ADHD. adhd.foundation.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](https://adhd.uk)
- (e) ADHD Aware – Parent Support Group
Monthly Zoom meetings for parents of children or young people with ADHD. [ADHD Aware](https://adhd-aware.org)
- (f) Their Welcome Pack has more info on joining. [ADHD Aware](https://adhd-aware.org)
- (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