

Patient Information and Resources

There are a number of useful websites and reading resources available. See a selection below.

Self Help and Information

- ADDiSS (ADHD information services) National Attention Deficit Disorder Information and Support Service. People-friendly information and resources for parents, teachers, sufferers and professionals. Phone line also available 020 8952 2800 www.addiss.co.uk
- AADD-UK site for and by adults with ADHD [What is ADHD? | AADD-UK \(aadduk.org\)](http://www.aadduk.org)
- ADDers - Promotes awareness of ADHD and provide information with as much free practical help to sufferers, both adults and children, and their families www.adders.org
- ADD-vance - a Hertfordshire based charity that supports families affected by ADHD, Autism or a related condition and the professionals who support them. www.add-vance.org
- Royal College of Psychiatrists - information leaflet - ADHD in Adults
<https://www.rcpsych.ac.uk/mental-health/problems-disorders/adhd-in-adults>
- ADHD UK <https://adhduk.co.uk/>
- ADHD Foundation The Neurodiversity Charity
<https://www.adhdfoundation.org.uk/>
- CBT for ADHD or Coach : BABCP registered CBT therapist list available on:
<https://www.bacp.co.uk/search/Therapists>

ADHD Self-help book

- Russel A. Barkley 'Taking Charge of Adult ADHD' (Guilford Press 2010) and Mary V. Solanto 'Cognitive - Behavioural Therapy for Adult ADHD'

Support for Mental Health

Situations and life can change. You may also need help with your mental health in addition to ADHD symptoms. To speak to someone about your mental health, you can contact:

- NHS Direct on 111
- Hertshelp for signposting to the most appropriate service 0300 1234044

- Talking therapies [Self referral \(hpft.nhs.uk\)](http://hpft.nhs.uk)
- Depression pathway [Depresion-Pathway-SU-Leaflet_A5-July-Final.pdf \(hwe.traininghub.org.uk\)](http://hwe.traininghub.org.uk)
- In an emergency call 999/visit the Emergency Department
- **Suicide prevention resources and information**
- Stay Alive App for services users and their carers/family to download [Stay Alive App - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](http://prevent-suicide.org.uk)
- Samaritans Helpline Number 116123

If you have been referred and you require help whilst waiting you can contact the following

- HPFT Adult Community Mental Health Team during office hours 01707 253800
- HPFT Mental Health Helpline is available 7 days per week outside office hours on 0800 6444 101
- HPFT Patient Advice and Liaison Service (PALS) on 01707 253916 hpft.pals@nhs.net