

## **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](http://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](http://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](http://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 \(hpft.nhs.uk\)](https://hpft.nhs.uk)
- Depression pathway [Depresion-Pathway-SU-Leaflet\\_A5-July-Final.pdf \(hwe.traininghub.org.uk\)](https://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 \(prevent-suicide.org.uk\)](https://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](mailto:hpft.pals@nhs.net)