**ADHD Online Resources**



[Attention deficit hyperactivity disorder (ADHD) - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/)

[Home - ADHD Foundation : ADHD Foundation](https://www.adhdfoundation.org.uk/)

[Kids With ADHD: What It Feels Like (verywellmind.com)](https://www.verywellmind.com/understanding-children-with-adhd-20686)

[ADHD UK | ADHD UK](https://adhduk.co.uk/)

[ADHD and mental health - Mind](https://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/)

[Online Resources | ADHD Virtual Help (adhdcare.co.uk)](https://www.adhdcare.co.uk/?p=online.resources)

[Overcoming Every Sleeping Challenge For Kids With ADHD (adhdcentre.co.uk)](https://www.adhdcentre.co.uk/children-and-adhd-overcoming-their-sleep-challenges/)

[ADHD Diet and Nutrition: Foods To Eat & Foods to Avoid (webmd.com)](https://www.webmd.com/add-adhd/adhd-diets)

