The following information is from [Devon Partnership NHS Trust strategies booklet]

Where can I get further help and support?

There are surprisingly few good websites or good information sources about adult ADHD. However there are some good books which might be of help to you. There are also some great Apps which can support you in areas you find difficult. Pick one area you find difficult and then try an app in that area.

ADHD-Friendly Apps
(most are free with the option to pay for the premium edition)

Name of App	Description	Organisation	Concentratio	Memory	Routines	Planning	Studying	Managing	Screen time
Time Timer	Time Timer is a productivity app that can help you to focus on timed tasks as well as manage transitions and waiting. The customizable timers act as clear, colourful visual concepts such as having a limited amount of time to complete a task or needing to wait for a certain amount of time.	x	x					x	
Evernote	This app allows you to create notes, add pictures, make checklists or record audio on one device and then share it with other people.	x	x						
Routinely	Enter your routines and check them with this app. Simply click "today" and it marks your routine off. It lets you see how many times that month you accomplished or missed a certain routine and also has a graph feature. Routinely also has a widget feature that shows you how many routines are left for the day'.	x			x	x			
Mindmeister	MindMeister is a mind-mapping website. It has pre-made sample mind maps and templates that range from basic brainstorming, To Do lists, website planning, and meeting notes.	x				x	x		
Mindly	A tool to capture, organize and develop your ideas and keep you focused.	x				x	x		

Google keep	Easy to use notepad for notes, shopping list, calendar. Colourful, pinboard style, for idea-gathering, list making and note scanning. Syncs with all devices. You can dictate thoughts and keep the audio and transcription of the note.	x		x			x		
Remember the milk	Use this app for task management, prioritizing time, and categorizing items within a system.	x		x		x			
Habit now	Habit tracker, to-do list and daily routine planner. Keep routines and tasks organised, record your daily progress. Plan your day and set your goals.	x		x		x			
My therapy pill	Set reminders to take your medication, track the number of tablets and reminder to order more. Option to store blood pressure readings, weight and blood sugar levels.			X				x	
Brain focus	Block selected apps and quiet your notifications. Use Pomodoro timers to help focus on tasks and track how long you've spent working on self-selected categories.		x				x	x	
Pomodone	Helps you increase workflow, work output, and goals. Develop a work routine on the basis of a time scale and create achievable objective lists. Integrates with Trello, Evernote, Google Calendar, Basecamp, Asana and Todoist. Has progress bars for different tasks, subtask level support for each project.		x				x		
Todoist	A list that stays with you, pings you, and motivates you to be productive. You can set recurring reminders, so you can spend less time working in the app and more time getting stuff done. Track your productivity with progress summary, which clearly displays how many tasks you've completed and how many are still waiting for your attention.	x		x				x	

Forest	An app to help you to stay off your phone and do your work. Build a virtual garden and grow it by time spending time focusing and using Pomodoro timers.		x						x
Screen time and focus modes	Within iPhone settings, you are able to set limits on screen time for your whole phone or specific apps. You can also set different focus modes which allow you to filter which apps are able to send you notifications.								x
Freedom	Focus and improve productivity by blocking an unlimited number of distracting websites such as YouTube and Facebook. It allows you to create an exclusion list to keep certain websites from the blocked list. It also allows you to block the internet with a single click button. It allows you to create an extensive number of modified block lists for all your requirements.								x
Otter	Transcribes conversations, meetings, phone calls, notes etc. Add lecture photos etc.						x		

Calm	Relaxation & Mindfulness	Helpful strategies for mindfulness and meditation. Includes specific exercises for managing anxiety, sleep, focus and concentration, relationships and breaking habits.
Headspace	Relaxation & Mindfulness	Learn to meditate and use mindfulness to reduce stress, focus more and sleep better. Specific courses for stress and anxiety, sleep, work and productivity and focus.
Mindfulness coach	Mindfulness Meditation	Audio exercises, a self-guided training program and resources to support practice.
Sleepio	Sleep Difficulties	This app includes a sleep improvement programme. To use the app, you must register for an account on: www.sleepio.com
Sleep cycle	Sleep Difficulties	Track sleep, smart alarm clock, offers detailed reports on sleep cycles.
Catch it	Anxiety & Depression	In this free app learn how to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.
Cove	Managing Emotions	Create music to capture your mood and express how you feel. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.

WorryTree	Worrying	WorryTree helps you record, manage and problem solve your worries and anxiety based on Cognitive Behavioural Therapy (CBT) techniques. You can use the app to record whatever you feel worried about. It can also help you create an action plan for managing worry.
Balance	Meditation & Sleep	Each day, you'll answer questions about your meditation experience, goals, and preferences. Using an audio library of thousands of files, Balance assembles a daily meditation that's perfect for you. The more you share over time, the more personalized and effective your meditations become.

Websites

https://www.adhdfoundation.org.uk/resource-category/adults/
This is a website for a neurodiversity charity. It has lots of ADHD resources which you may find helpful. Including sleep, relationships, education about ADHD, co-occurring conditions.

http://aadduk.org/
A comprehensive website about ADHD in adults, with links to support groups. Ideas of strategies that may be helpful and information about your rights and policies.

Blogs

Totally ADD
Rick Green founded Totally ADD to tackle the shame and stigma of living with ADHD by sharing personal stories of people living with it. Totally ADD tackles common myths about ADHD, how ADHD affects relationships, and procrastination.
https://totallyadd.com/blog

Untapped Brilliance
Author and ADHD coach Jacqueline Sinfield writes about how adults can manage their ADHD in everyday life, from making sense of a new diagnosis to tips and tricks to use when tasks feel overwhelming. Her blog posts cover topics like the links between ADHD and obsessive-compulsive disorder (OCD), overthinking, and using a Kindle with ADHD.
https://untappedbrilliance.com/blog/

Books

Your Life Can Be Better: Using Strategies for adult ADD/ADHD
Douglas Puryear
Talks in an informative yet informal way about his experiences of living with ADD and provides ideas about what strategies you can use to help.

The Mindfulness Prescription for Adult ADHD
Lidia Zylowska
Mindfulness is a method that you can learn to help you get control of your thoughts and to help you live in the present moment. This book outlines mindfulness skills and how you can apply them to ADHD.

Taking Charge of Adult ADHD
Russell Barkley
This book outlines the impact of ADHD in adulthood and discusses strategies for managing work, relationships and finances as well as treatment and management of symptoms.

Useful Videos

How to ADHD
https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgy_95Q
A YouTube channel you can subscribe to with lots of videos covering strategies to manage ADHD symptoms, but also for those wanting to find out more about ADHD and some of the associated difficulties. The videos are concise at 10 minutes or shorter, and cover topics such as: what is ADHD, how to get things done, ADHD and sleep, and many more.

TED Talk – Failing at Normal: An ADHD Success Story
https://www.youtube.com/watch?v=JiwZQNYlGQI
A TED talk by someone who received an ADHD diagnosis in adulthood. She talks about some of the difficulties she faced growing up with undiagnosed ADHD.

Healthline: The Best ADHD Videos of 2020
https://www.healthline.com/health/adhd/best-videos-adhd
Healthline put together a list of the year's best ADHD videos based on their commitment to educating, inspiring, and empowering viewers about this condition.