

Support Services for children and young people with ADHD

Young Minds

[Youngminds.org.uk](https://www.youngminds.org.uk)

If your child has ADHD, or you think they might, we have information on professional help and diagnosis. We've also got practical advice on supporting them with their ADHD and mental health.

NHS

[Nhs.uk Search ADHD](https://www.nhs.uk/search/adhd)

ADHD (attention deficit hyperactivity disorder) is a condition where the brain works differently to most people. Children and young people with ADHD may have trouble with things like concentrating and sitting still. There are ways to help manage the symptoms of ADHD.

Anna Freud

www.annafreud.org

Supporting children and young people with ADHD

Health Line

www.healthline.com/health/adhd/parenting-tips

Parenting a child with ADHD is a unique experience. Here are a set of tips and strategies for parents to try when helping a child with ADHD.

ADHD Foundation

<https://www.adhdfoundation.org.uk> › 2022/05

Understanding and supporting my child's ADHD

PDF- Booklet

It is very common for children with ADHD to have challenges when dealing with big emotions. **Helping your child to recognise and identify those emotions** can help.
