

**Support and advice for adults living with/suspected of ADHD with or without medication**

**Think pre- medication:** It may be helpful to reflect on coping strategies that you used prior to taking medication. It is likely that you have continued to build on these alongside taking medication. The [“How To ADHD” series (Jessica McCabe) on YouTube](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fc%2Fhowtoadhd&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891572828%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=yDl3ka4bgYhf3P0u0WoinnGyUiWSLnBMBtZjfnA46dI%3D&reserved=0) offers lots of helpful tips on managing specific symptoms of ADHD.

**Cognitive behavioural therapy**: You can self refer to NHS Talking Therapies in NW London [here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhstalk2us.org%2F&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891572828%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9l9qW4nljUpJ%2BdchhUSXTN3tFtEhrGtZCDsSfKdn%2B5M%3D&reserved=0) if you have any symptoms of depression or anxiety due to your ADHD.

‘The Adult ADHD Tool Kit’ book by J Russell Ramsay offers skills based on CBT to use in daily life.

**Digital support:** There are a number of apps available to help people with ADHD, such as Pomodoro-Focus Timer, Sleepio. There is a good overview of apps on the [ADDitude site](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.additudemag.com%2Fmobile-apps-for-adhd-minds%2F&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891885344%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=fBPY7ALFwt1nLyyWWqhdZ9bHJSJEgNNnMf2OORgzLxg%3D&reserved=0), collated by [Devon NHS Trust](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.dpt.nhs.uk%2Fdownload%2Fv179rQNf5d&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891885344%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Be3WuB2LqRUWMJmrcmMErlIDpynf0YEJ%2Fxuws4CBMfI%3D&reserved=0) and [Good Thinking](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.good-thinking.uk%2F&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891885344%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=48LIIWdhRLNR9jzVvSwOktsxnhGYgznaHBwSjZlggIc%3D&reserved=0).

**Exercise:** The benefits are in helping to improve attention, impulsivity and executive functioning. People with ADHD tend to experience hypoactivity in dopaminergic and noradrenergic systems in the pre-frontal cortex, and one of the benefits of exercise is to increase productivity. Start gradually and choose something you actually enjoy, for example a short walk a day.

**Consider discussing with your employer/ educator:** If you are working/studying, it may be helpful to discuss the current situation with your manager/ educator, if you feel comfortable doing so. You may be able to discuss making reasonable adjustments to help with any particular areas of difficulty during this time. Here’s some [helpful advice on discussing reasonable adjustments with your employer.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fadhduk.co.uk%2Fadhd-and-work&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891885344%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rFfR9Yxjl2TgwSRGIGW7UUkMT08SmBco92%2FWZHNZtYI%3D&reserved=0) The ADHD Foundation has guidance for employers about reasonable adjustments in the workplace: [An Employer's Guide to ADHD in the Workplace - Scottish ADHD Coalition (adhdfoundation.org.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.adhdfoundation.org.uk%2Fwp-content%2Fuploads%2F2022%2F03%2FAn-Employers-Guide-to-ADHD-in-the-Workplace-Scottish-ADHD-Coalition-1.pdf&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891885344%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7DNzRHF4vpU8lEqFLUKhB2RScTHr0TP9Jo5%2FVMNrLA4%3D&reserved=0)

**Self-care:** Try to prioritise looking after yourself including eating well, focusing on sleep and taking time for hobbies that you know make you feel good.

**Self-compassion:** Everyday tasks may feel harder without medication. It may be helpful to talk to friends and family to explain that you may struggle in certain areas currently and see if anyone is able to offer extra support during this time.

**Peer support:** Organisations such as [ADHD Aware](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fadhdaware.org.uk%2Fadhd-support-group-meetings%2F&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891885344%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uyftIoyWbk2fWzFfgsnZsgs9ZUdgjqI6bm3Wug3DvO8%3D&reserved=0) offer online support groups and many will also have online social media groups which can offer peer support.

**Seek further support when needed:** If you are struggling with your mental health, seek support from your GP who can provide support and signpost you to the most appropriate service.

**Useful resources:** These websites and books have information that might be useful in helping you manage your condition and any changes in symptoms because of medication shortages

[https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fattention-deficit-hyperactivity-disorder-adhd%2Fliving-with%2F&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891885344%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=LHDqTYvLKif0PnJp8dxcRnDW0wy%2FzYxNKtlBf5B1wug%3D&reserved=0)

[https://www.adhdadult.uk/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.adhdadult.uk%2F&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692891885344%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=42mImLLClSjvULsnT5yofOQ0bPeRAVvhE23yIhDLfKo%3D&reserved=0)

[**ADHD foundation**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.adhdfoundation.org.uk%2F&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692892041591%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=LTOH4Gt4OyT3yZFZvy8p9p%2B4vMH6HRLK2AuZRMWrWAg%3D&reserved=0)

[**AADD-UK**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Faadduk.org%2F&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692892041591%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=zWwsskQs7hr93Ht4KgUagCJOvfqoVxevxnajO29eXrQ%3D&reserved=0)

[**ADDISS**](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Faddiss.co.uk%2Findex.html&data=05%7C01%7Clucy.smith64%40nhs.net%7C068880f5cd3a46a3e0b308dbdfa9de88%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638349692892041591%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=25adEU7P7GooCPpAvq408p%2ButjgYrDTYsbVTWgvH28s%3D&reserved=0)

‘Taking Charge of Adult ADHD’ by Russell Barkley

‘Delivered from Distraction: Getting the most out of life with attention deficit disorder’ by Edward Hallowell and John Ratey

‘Your brain’s not broken’ by Tamara Rosier