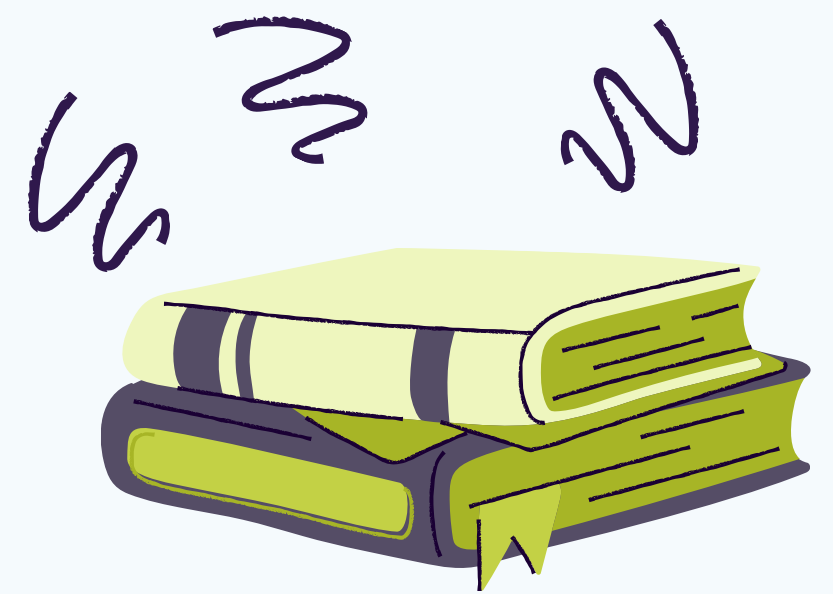


RESOURCES FOR HELPING WITH ADHD

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Malvern & Knox, Melbourne
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FOR TEENAGERS AND ADULTS

BOOKS

Books by Dr Ari Tuckman for Adults and Older Teens

- ADHD After Dark: Better Sex Life, Better Relationships.
- More Attention, Less Deficit: Success Strategies for Adults with ADHD.
- Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook. Dr Tuckman explains how our executive functioning works. It also provides effective strategies for managing inattention, procrastination, disorganization, time management, and planning.

The Amazingly Disorganised Help Dictionary by Georgia Productions.

A very funny book by Georgia Productions, a relatable youtuber who gives insight into living with ADHD as a teenager. It has tips, advice, activities and information about how to use ADHD effectively. Georgia also has many youtube clips that some people with ADHD find helpful.

GENERAL

Russel Barkley
www.russellbarkley.org

Dr Barkley is an American Professor of Psychiatry well regarded in the ADHD field. His website has great, evidenced-based factsheets and books on what ADHD is, learning and classroom accommodations for ADHD, parenting children and teens with ADHD with or without challenging behaviour, managing ADHD for children, teens and adult etc.

Additude
www.additudemag.com

Heaps of information on what ADHD is, parenting for ADHD, managing ADHD as a child, teen or adult, medication etc. Most is evidenced-based but some has links to for-profit ADHD programs.

SOCIAL MEDIA

How To ADHD on YouTube
https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q

Easily accessible videos on what ADHD is, ADHD in girls and women, and strategies to help relationships, motivation, managing feelings etc-presented by someone with ADHD. Can be good to show teens or older children too.

Dr Sasha Hamdani on Instagram
<https://instagram.com/thepsychdoctor>
md?utm_medium=copy_link

Instagram feed from Dr Sasha Hamdani, an American Psychiatrist ADHDer. She presents short clips on a range of topics around managing ADHD as an adult or older teen, such as what ADHD is, medication, finances, relationships etc. She provides a number of strategies for managing ADHD in everyday life.

www.adultadhd.org.au

Website with information on the diagnosis and intervention for ADHD in adults and late teens. It has resources and books on how to manage ADHD in adult life such as in jobs, relationships etc.

GENERAL

ADHD Go-To Guide: Facts and strategies for parents and teachers by Desiree Silva and Michele Toner.

This book has practical tips for how you can manage and advocate for your child in different settings, with or without medication. It summarises evidence for medication and alternative therapies, examines commonly held beliefs about ADHD and debunks myths.

CHILDREN

BOOKS

This Morning Sam Went To Mars
by Nancy Carlson

A positive storybook for 4-8 years about paying attention, how annoying parents can be when they tell you to focus, and suggestions of basic strategies.

The Survival Guide for Kids with ADHD by John F Taylor.

This is a kid-friendly book with information on what ADHD means; strategies for home, school, and friends; ways to manage strong feelings; understanding ADHD medicines and information on foods that some people find help ADHD.

ADHD Is Our Superpower: The Amazing Talents and Skills of Children with ADHD by Soli Lazarus.

A book for Primary School ADHDer girls and boys detailing the strengths of ADHD to help build confidence. It also describes strategies for learning, calming and communicating in child-friendly ways.

Brain Building Book and website
www.brainbuildingbook.com

Psychologist Dr Liz Angoff's website with resources for parents about explaining neurodiversity to children and teens. Very neurodiverse affirming and accessible. The book itself is currently only available in packs of 5 but see her website for other resources

Sandhya Menon Brain Forrest book & website
www.onwardsandupwardspsychology.com.au

Website with resources for parents including explaining neurodiversity to children and resources for parenting. Sandhya's Brain Forrest book explains neurodiversity to children and is highly regarded.