



## Mental Health Information Station

### ADHD Resources

#### General Help

- NHS Inform [ADHD symptoms and treatments – Illnesses and conditions](#)
- ADD/ADHD | What Is Attention Deficit Hyperactivity Disorder? Video from psychiatrist Thomas Brown  
<https://youtu.be/ouZrZa5pLXk>
- Edinburgh and Lothians Health Foundation/NHS Lothian: Hyperactivity. Attention. Impulsivity Adults with ADHD Self Help Resource Pack June 2017:  
[https://policyonline.nhslothian.scot/Policies/PatientInformation/ADHD\\_Self\\_Help\\_Resource\\_Pack.pdf](https://policyonline.nhslothian.scot/Policies/PatientInformation/ADHD_Self_Help_Resource_Pack.pdf)
- A guide to Getting an ADHD Assessment as an adult in Scotland :  
<https://www.scottishadhdcoalition.org/wp-content/uploads/2019/07/Guide-to-adult-ADHD-assessment-July-2019.pdf>
- Quick self-test ADHD/Attention Deficit Disorder Test: (<https://www.psychologytoday.com/gb>)  
<https://www.psychologytoday.com/us/tests/health/adhdattention-deficit-disorder-test>
- Medication: Attention deficit hyperactivity disorder (ADHD) - Treatment - NHS:  
<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/treatment/>
- School report: Perspectives on ADHD: <http://www.addiss.co.uk/schoolreport.pdf>
- Young minds parents' guide: <https://www.youngminds.org.uk/media/cbzajzbe/parents-guide-to-adhd.pdf>
- ADDISS is a national organisation who can give online support: <http://www.addiss.co.uk/>
- Celebrating ADHD website [www.celebratingadhd.com](http://www.celebratingadhd.com)
- Royal College of Psychiatrists in Scotland Guidance for Practitioners: ADHD in adults:  
<https://www.rcpsych.ac.uk/mental-health/problems-disorders/adhd-in-adults>
- Understanding ADHD: Current Research and Practice, Kings College (Online)  
<https://www.futurelearn.com/courses/understanding-adhd>
- CHADD Adult ADHD support <https://chadd.org/>
- ADHD Adult UK: <https://adhduk.co.uk/>

#### Apps for activity scheduling and Podcasts

Daily planners: from Google Play Store: <https://play.google.com/store/apps?hl=en&gl=US>

'Habit tracker'; 'Time planner- Schedule, To-Do List, Time Tracker'; School and Uni planner: 'Smart Timetable'

Podcasts: ADHDAF (ADHD As Females), The ADHD Adults Podcast: <https://www.adhdasfemales.com/>

Views in the Podcast are those of the Podcaster and not of the NHS or Edinburgh Health and Social Care.

#### Self-help website pages

ADHD Self Help | <https://www.getselfhelp.co.uk/adhd-self-help/>

Employability Services: a guide for anyone with a mental health condition

Connect Here Employability Guide June 2023: <https://www.edinburghhsc.scot/connecthere>

## Local Support

**Procrastination Station:** Saturday Monthly meeting, in front to the Scottish parliament building.  
<https://procrastination-station.co.uk/edinburgh-meetup/>. [clair@procrastinationnationstation.co.uk](mailto:clair@procrastinationnationstation.co.uk) – 1 to 1, ADHD Coaching, 8-week course. <https://procrastination-station.co.uk/>

**Procrastination Station: 60 minute session with a Certified ADHD Life Coach:** £60.  
W: <https://procrastination-station/coaching> E: [hello@procrastination-station.co.uk](mailto:hello@procrastination-station.co.uk)  
Discounts may be available for low income/unwaged households.

**Scottish ADHD Adult.** meetings are normally held on the Second Monday of the month in “the snug”  
One Canon, 1 Canonmills, EH3 5HA <https://sites.google.com/site/scottishadhdadultsorg/Home>

### Group work via NHS Lothian

Occupational therapists are available for certain cases and can deliver a group programme called ‘SPARKS’

Referral is via GP or psychiatric team.

**Meetup ADHD group:** <https://www.meetup.com/adhd-brains-edinburgh/>