

ADHD Online Resources



[Attention deficit hyperactivity disorder \(ADHD\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Home - ADHD Foundation : ADHD Foundation](#)

[Kids With ADHD: What It Feels Like \(verywellmind.com\)](http://verywellmind.com)

[ADHD UK | ADHD UK](#)

[ADHD and mental health - Mind](#)

[Online Resources | ADHD Virtual Help \(adhdcare.co.uk\)](http://adhdcare.co.uk)

[Overcoming Every Sleeping Challenge For Kids With ADHD \(adhdcentre.co.uk\)](http://adhdcentre.co.uk)

[ADHD Diet and Nutrition: Foods To Eat & Foods to Avoid \(webmd.com\)](http://webmd.com)

