

## ADHD Resources

Not an exhaustive list, but some of my favourites - Dr. Janine Hubbard

### Websites:

[www.caddac.ca](http://www.caddac.ca) – best place to start. Videos, resources, support groups, parenting groups, target audience are parents and/or individuals with ADHD. Canadian

[www.caddra.ca](http://www.caddra.ca) – target audience are health care professionals, but have very useful free adult symptom checklists, medication chart etc. Canadian

[http://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet\\_AttentionDeficitHyperactivityDisorder.pdf](http://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_AttentionDeficitHyperactivityDisorder.pdf) - Fact sheet about ADHD from Canadian Psychological Association

<https://rollingwithadhd.ca/> - free 8 module series for parents of kids 6-12 with ADHD, resources for teachers, teens, brief intro video - from British Columbia

<https://www.additudemag.com/> - *ADDitude magazine*. Great resource, excellent free webinars/speakers. Use a critical lens with their advertisers. US based

*Association of Psychology of Newfoundland and Labrador (APNL)* –can access the “Find a Psychologist” feature. <http://www.apnl.ca/find-a-psychologist>

### Publications:

The Anti-Planner (self-published) - <https://www.adhddd.com/anti-planner/>

All Dogs Have ADHD – Kathy Hoopmann

Smart But Scattered series – Peg Dawson, Richard Guare – authors have also written several excellent books specifically addressing executive functioning

My Brain Needs Glasses/My Brain Still Needs Glasses – Annick Vincent

Russell Barkley –or Thomas Browne - numerous books

Loads of workbooks for kids/teens – self-regulation, executive functioning, social skills, study/organization skills etc.

Add Stole My Car Keys: The Surprising Ways Adult Attention Deficit Disorder Affects Your Life...

And Strategies For Creating A Life You Love Perfect Paperback – Jan. 1 2011

by [Rick Green](#) (Author)

Extra Focus: The Quick Start Guide to Adult ADHD Paperback – Sept. 2 2023

by [Jesse J. Anderson](#)

Extra Focus: The quick start guide to ADHD, Jesse J Anderson (@adhdjessie)

How to ADHD, Jessica McCabe

Attention Seeker – Darcy Michael

### **Videos/podcasts**

YouTube – How to ADHD

### **Social Media:**

@danidonovan – ADHD comics

@ADDitudeMag

@adhdjessie

### **Apps:**

Forrest – grows a forest while you're not using your phone

Offtime – blocks certain apps while leaving others available

Freedom – blocks you from the internet during set times

Focus Keeper – Pomodoro timer

Mind Shift – from Anxiety Canada – self-regulation activities

Sesame Street Breathe – fun self-regulation activities for children (teens seem to also really enjoy them)

Finch – self-care exercises to help you keep your virtual pet healthy

### **Misc:**

Medicine Cap countdown timer – tell you when the bottle was last opened (amazon etc.) - <https://www.timerapp.com/>

Chewelry - <https://www.chewigem.ca/> - age-appropriate jewelry designed to be chewed, fidgets

Emotion Regulation/Rejection Sensitivity:

<https://www.additudemag.com/rejection-sensitivity-women-adhd/>

<https://www.additudemag.com/rejection-sensitive-dysphoria-and-adhd/>

<https://www.additudemag.com/slideshows/adhd-emotions-understanding-intense-feelings/?src=embed> link

<https://www.additudemag.com/desr-adhd-emotional-regulation/>

#### Disability Tax Credit Form

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit/how-apply-dtc.html#h2>

#### Services and Equipment Grant

<https://www.gov.nl.ca/education/services-and-equipment-grant/>

#### MUN

<https://www.mun.ca/studentwellness/events-listing/adhd-time-management-group.php>

<https://www.mun.ca/studentwellness/>

<https://www.mun.ca/student/accessibility-services/programs/adhd-educational-support-group/>