

ADHD Resources

There is more and more good information available these days on ADHD in adults. This is by no means a definitive list—new items come and old items go—but it's certainly a good start.

Nonprofit Organizations

There are currently two nonprofit ADHD information and advocacy organizations.

CHADD

CHADD stands for Children and Adults with ADHD. CHADD has a national headquarters and approximately 200 local chapters that hold monthly meetings, offer a local provider directory, and may have other services as well. CHADD National puts on a large annual conference, publishes the bi-monthly magazine *Attention*, and offers other services to individuals and families with ADHD. More information can be found at www.chadd.org.

ADDA

ADDA stands for the ADD Association. Whereas CHADD covers the full age spectrum, ADDA is focused exclusively on adults with ADHD. ADDA puts out the quarterly publication *Focus* and offers regional conferences and teleclasses. More information can be found at www.add.org.

Websites

There are a number of helpful websites that offer information and products for adults with ADHD.

www.myadhd.com Offers a free monthly teleclass and biweekly email newsletter.

www.addvance.com Initially focused solely on the otherwise under-represented women and girls with ADHD, this site has expanded to both genders. Online bookstore sells relevant books. Also offers a free monthly email newsletter.

www.addwarehouse.com Provides an extensive list of books on ADHD and related disorders, plus some other items. If it's relevant to ADHD, you'll find it here.

www.addconsults.com Offers a wide range of resources, including articles, online chats, monthly email newsletter, and books and other ADHD-related items for purchase.

Reading List

In addition to the growing number of books on adult ADHD, there are other publications as well that you and/or your family members may find useful.

ADDitude A monthly magazine devoted to living with ADHD. More information is available at www.additudemag.com.

Attention Research Update A free monthly email newsletter summarizing current journal articles on ADHD. More information is available at www.helpforadd.com.

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