

ADHD Resources for Patients

University Health Services at UC Berkeley

Table of Contents

- [Websites](#)
- [Books](#)
- [Podcasts](#)
- [Social Media](#)
- [Mobile App and Desktop Tools](#)

Websites

General Information about ADHD

- Children and Adults with ADHD (CHADD): <https://chadd.org/>
 - Education, fact sheets, videos, webinars, advocacy, online communities/support, resource directory
- National Institute of Mental Health (NIMH), ADHD in Adults fact sheet: <https://www.nimh.nih.gov/health/publications/adhd-what-you-need-to-know>
- Attention Deficit Disorder Association (ADDA): <https://add.org/>
 - Webinars, resources, virtual support groups
- American Academy of Child & Adolescent Psychiatry (AACAP) ADHD Resource Center:
[https://www.aacap.org/aacap/Families and Youth/Resource Centers/ADHD Resource Center/Home.aspx](https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx)

Organization and Time Management Strategies

- Children and Adults with ADHD (CHADD), Organization & Time Management Skills: <https://chadd.org/for-adults/organizing-the-home-and-office-space/>

ADHD Coaching

- Children and Adults with ADHD (CHADD), Coaching: <https://chadd.org/about-adhd/coaching/>
- ADD Coach Academy (ADDCA): <https://addca.com>
- ADHD Coaches Organization (ACO): <https://adhdcoaches.org>

Psychotherapy Information

- Children and Adults with ADHD (CHADD), Cognitive-Behavioral Therapy: <https://chadd.org/for-adults/cognitive-behavioral-therapy/>
- Complex PTSD and ADHD, <https://www.childdevelopmentclinic.com.au/adhd-and-complex-trauma.html>

Medication Information

- National Institution of Mental Health (NIMH): <https://www.nimh.nih.gov/health/topics/mental-health-medications>
- Children and Adults with ADHD (CHADD), Medication Management: <https://chadd.org/for-adults/medication-management/>

Books

General, Self-Help, and Practical Strategies

- ADD-Friendly Ways to Organize Your Life, by Judith Kolberg & Kathleen Nadeau, PhD
- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder, by Edward M. Hallowell, MD and John J. Ratey, MD
- More Attention, Less Deficit: Success Strategies for Adults with ADHD, by Ari Tuckman, PsyD
- Procrastination: Why You Do It, What to Do About it Now, by Jane B. Burka, Ph.D., and Lenora M. Yuen, PhD
- Taking Charge of Adult ADHD: Proven Strategies to Succeed at Work, at Home, and in Relationships, by Russell Barkley, PhD
- The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents, by Nancy Ratey
- The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving your Goals, by Linda Zylowska, MD
- The Smart but Scattered Guide to Success: How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home, by Peg Dawson
- You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder, by Kate Kelly and Peggy Ramundo

Psychotherapy-based

- Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program, Client Workbook (Treatments That Work), by Steven Safren, Susan Sprich, Carol Perlman, and Michael Otto
- Cognitive-Behavioral Therapy for Adult ADHD, by Mary Solanto
- The Adult ADHD Toolkit: Using CBT to Facilitate Coping Inside and Out, by J. Russell Ramsay and Anthony Rostain

Podcasts

- ADHD rewired with Eric Tivers, LCSW: <https://adhdrewired.com/podcast>

Social Media

YouTube

- "How to ADHD" <https://www.youtube.com/c/HowtoADHD/videos>
- "THERAPYLAB #25 | Penny Belle | CPTSD and Adult ADHD" <https://www.youtube.com/watch?v=FhXGPCczk>

TikTok

- @drhallowell
- @adhd_coach_ryan
- @thepsychdoctormd
- @adhdcoachsheila
- @howtoadhd

Mobile App and Desktop Tools

Mental Health App Database

- Online mental health app database offering interactive search across various features: <https://mindapps.org>

ADHD Specific

- ADHD Health Storylines (free; iOS; Android): <https://add.org/adhd-health-storylines-app-update/>
 - Record symptoms, routines, moods, medication

Organization and Productivity

- Focus To-Do (free standard version; iOS, Android, Chrome extension, and desktop): <https://focustodo.cn>
 - Task management app based on Pomodoro technique
- Focus Keeper (free standard version; iOS):
 - Task management app based on Pomodoro technique
- Todoist (free standard version; iOS, Android): <https://todoist.com>
- Tiimo (\$; iOS, Android): <https://tiimoapp.com>
 - Visual planning app developed to support executive functioning challenges
- Focusmate virtual coworking (3 free sessions/week; requires desktop or mobile device [iOS or Android] with camera): <https://focusmate.com>
 - Pairs you with an accountability partner for a live, virtual coworking session to help keep you on task
- Forest (\$- iOS, Android; free as a Chrome extension)
- HabitShare (free; IOS, Android); habit tracking and sharing with friends for accountability: <https://habitshareapp.com>
- Mindful Browsing (free; <https://mindfulbrowsing.org>)
 - Extension that gently supports the limitation of 'mindless browsing'

Sleep

- Sleep tracker
- CBT-I Coach (free; iOS, Android): <https://mobile.va.gov/app/cbt-i-coach>
 - Designed for individuals experiencing sleep difficulties, with evidence-based strategies to improve sleep habits

Morning alarms

- Alarmy – Routine Alarm Clock (free; iOS, Android): <https://alar.my>
 - Helps wake both 'body' and brain' with 'morning missions'

Exercise

- J&J 7 Minute Workout (free; iOS, Android): <https://7minuteworkout.jnj.com>

Nutrition

- SuperCook Recipe by Ingredient (free standard version; iOS, Android, website): <https://supercook.com>
 - Quickly find recipes based on ingredients you have at home

Medication Reminders

- Medisafe (free standard version; iOS, Android): <https://medisafeapp.com>
- MyTherapy Pill Reminder (free; iOS, Android):
<https://www.mytherapyapp.com>

Parenting

- BabySparks (free standard version/\$): <https://babysparks.com>
 - Personalized activities and developmental milestones for ages 0-3; 20 minutes a day