

# ADHD RESOURCES & COMMUNITY SUPPORT

For adults, families and professionals navigating ADHD

## Audible /Books

### [Driven to Distraction by Edward J Hallowell](#)

*The original book by a leading psychiatrist describing the impact on various clients across all areas of life from childhood onwards. Audible version excellent.*

### [What your ADHD child wishes you knew by Sharon Saline](#)

*Provides parents with practical advice and examples on how to help children and teens with ADHD succeed. The book is based on Saline's over 30 years of experience.*

### [Dirty Laundry by Richard Pink](#)

*An honest account about a young couples real life struggle with ADHD symptoms.*

### [Unmasked by Ellie Middleton](#)

*One of the latest books supporting the young adult neurodiverse community and the challenges for women with Autistic and ADHD symptoms.*

### [The ADHD Marriage effect by Melissa Orlov](#)

*A must read for both partners - insight, tools and techniques to support relationships marriages affected by ADHD.*

## Podcasts

### [The Drummer and the Mountain](#)

*A holistic method of understanding, managing, and thriving with ADhD*

### [ADHD Chatter podcast](#)

*A variety of people in the public eye talking candidly about their ADHD*

## Local Resources - Singapore

[Untangling ADHD - Tools, resources and support for complex ADHD symptoms](#)

[MERU - Community Support Group for parents of ADHD children](#)

[Unlocking ADHD - Practical online info and resources](#)

Please pass on this free resource  
to friends, family or professional colleagues



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# ADHD CLIENT SUPPORT

## Recommendations & Referrals

### CLIENTS - WHAT ASPECTS OF ADHD WOULD YOU LIKE SUPPORT WITH ?

- |                                                     |                                                            |
|-----------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> ADHD Executive functioning | <input type="checkbox"/> Processing a Diagnosis            |
| <input type="checkbox"/> Parenting ADHD             | <input type="checkbox"/> Overwhelm /OCD /Panic attacks     |
| <input type="checkbox"/> ADHD and Autism            | <input type="checkbox"/> Workplace and ADHD                |
| <input type="checkbox"/> ADHD and Anxiety           | <input type="checkbox"/> A Clinical or Self ADHD Diagnosis |
| <input type="checkbox"/> ADHD in Relationships      | <input type="checkbox"/> Other <input type="text"/>        |

### PROFESSIONALS - WHAT ARE YOUR RECOMMENDATIONS ?

- ADHD Counselling or Psychotherapy
- ADHD Executive Functioning Support
- ADHD Reading, Resources and Signposting
- ADHD Post Diagnosis Support session
- Other

If you would like to **hear about local options** for any of your recommendations or **try more free resources** please contact:  
[rebecca@rebeccaloancounselling.com](mailto:rebecca@rebeccaloancounselling.com) or call **81966801**

**ADHD Clinical Support Specialist, Psychotherapy and Counselling**

