

ADHD Resources

Here are some links to help navigate the kaleidoscopic world of ADHD:

ADHD Organizations & Online Information Sites

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

<http://www.chadd.org>

CHADD Northern California

<http://chaddnorcal.org/>

National Resource Center on AD/HD: A Program of CHADD

<http://www.help4adhd.org>

ADDA (Attention Deficit Disorder Association)

<http://www.addresources.org/>

Totally ADD

<http://totallyadd.com/totallyadd-video-tour/>

Tara McGillicuddy - Host of ADHD Support Talk Radio

<http://www.taramcgillicuddy.com>

ADDvisor: For People with ADHD & Those Who Love Them

<http://www.addvisor.com/index.htm>

<http://www.womenwithadhd.com/>

<http://www.webmd.com/add-adhd/>

<http://www.nlm.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>

<http://www.cdc.gov/ncbddd/adhd/>

[http://www.aacap.org/AACAP/Families and Youth/Resource Centers/ADHD Resource Center/Home.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx)

<http://www.additudemag.com/resources>

<https://www.nami.org/Learn-More/Mental-Health-Conditions/ADHD>

<http://www.adhdmarriage.com/>

<http://www.livingwithadd.com>

<http://www.helpforadd.com/what-is-adhd/>

Other Parenting ADHD Resources:

Special Parents Information Network - <http://spinsc.org/>

Wrightslaw: accurate, reliable information about special education law, education law, and advocacy for children with disabilities - <http://www.wrightslaw.com/>

Beginning Book List About ADHD

***Delivered from Distraction* by Edward (Ned) Hallowell, M.D.**

<http://www.drhallowell.com/>

***Taking Charge of Adult ADHD* by Russell Barkley, M.D.**

<http://www.russellbarkley.org/>

***Survival Tips for Women with ADHD* by Terry Matlen, M.S.W., A.C.S.W.**

<http://www.momswithadd.com/>

***Mindfulness Prescription for Adult ADHD* by Lidia Zylowska M.D.**

<http://lidiazylowska.com/about/mindfulness-for-adhd/>

***Is It You, Me, or Adult A.D.D.?* by Gina Pera**

<http://www.ADHDrollercoaster.com/>

***Change Your Brain, Change Your Life* by Daniel G. Amen, MD**

www.amenclinic.com

And here's a video on the humorous side of ADD:

<http://www.youtube.com/watch?v=Gts04oZJFZA>

[A Few Local Resources:](#)

Some Therapists:

http://therapists.psychologytoday.com/rms/prof_results.php?city=Santa+Cruz&spec=6

Some Psychiatrists:

http://www.medicinenet.com/adhd_in_adults/santa-cruz-ca_city.htm

Santa Cruz/Monterey Bay Support Group:

<http://www.chadd.net/436>

Join us on Facebook:

<https://www.facebook.com/SantaCruzADHD/>