

ADHD COMMUNITY

Resources & Support sheet



A comprehensive resource guide for clients and professionals navigating neurodiversity, offering links to evidence-based tools, recommended reading and community support.

[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.

ADHD 2.0 by Edward J Hallowell

An updated version including the latest scientific evidence and management techniques,

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 insight, tools and techniques to support marriages affected by ADHD.

[Podcasts](#)

The Drummer and the Mountain

A holistic method of understanding, managing, and thriving with ADHD

[Instagram](#)

Sharon Saline - Clinical Psychologist

A world expert and author of the book 'What your ADHD child wishes you knew' and recent speaker in Singapore

Local Resources - Singapore

[Untangling ADHD - Tools, resources and support for making sense of 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
Help us to Untangle ADHD

www.rebeccaloancounselling.com

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 |

PROFESSIONALS - WHAT ARE YOUR RECOMMENDATIONS ?

- | | |
|--|---|
| <input type="checkbox"/> ADHD Counselling or Psychotherapy | Other |
| <input type="checkbox"/> ADHD Executive Functioning Support | <div style="border: 1px solid black; height: 100px;"></div> |
| <input type="checkbox"/> ADHD Reading, Resources and Signposting | |
| <input type="checkbox"/> ADHD Post Diagnosis Support session | |
| <input type="checkbox"/> | |



IF YOU WOULD LIKE TO **HEAR ABOUT LOCAL OPTIONS** FOR ANY OF YOUR RECOMMENDATIONS OR **TRY MORE FREE RESOURCES** PLEASE CONTACT :