

## **USEFUL WEBSITES**

### **[www.addiss.co.uk](http://www.addiss.co.uk)**

The national UK information and support service for families and adults with ADHD with 25 years of experience. It also has a national helpline and can refer families to appropriate local services and organizations.

### **[www.adhdaction.org](http://www.adhdaction.org)**

A UK charity working to bring about change in understanding and assessing ADHD. One of their aims is to establish an ADHD Act to enable a statutory set of guidelines in Education, the Health Sector and the Prison Service.

### **[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)**

A UK charity providing a wealth of resources and training to enable those with ADHD to improve their life chances.

### **[www.additudemag.com](http://www.additudemag.com)**

A US online publication that produces a vast library of up-to-date advice and information on ADHD.

### **[www.specialneedsjungle.com](http://www.specialneedsjungle.com)**

A UK parent-led information board for parents of young people with special needs.

### **[www.sossen.org.uk](http://www.sossen.org.uk)**

A UK charity offering free legal, education, health and care plan (EHCP) and statutory rights advice on special needs.