



Post-Diagnostic Support Pack for Secondary School Aged Children and Young People: ADHD

Support and signposting for young people and their families following a diagnosis of ADHD.



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Introduction

Introduction to the Post Diagnostic Support Pack

Welcome to the **ADHD post-diagnostic support pack** for young people and their families! Getting a diagnosis of ADHD can be a significant experience. For some people, this could be welcomed or a relief to have this diagnosis confirmed; for other families it might take a while to get used to this news.



It can be difficult to know where to go for support after a diagnosis - to start you on this journey, we have put together a pack **signposting resources and support available in Leeds**. This pack aims to help you learn more about your strengths and needs and see examples of how others understand and advocate their own needs.

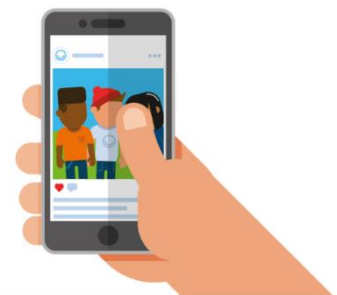
Many people come to view ADHD as part of their **identity** - we hope this pack helps you on your journey of discovering what ADHD might mean to you and help you understand the part it plays in your life.

A good place to start is the **Neurodiversity Information Hub** which provides information for all children, young people and families in Leeds around understanding neurodiversity and what further support is available in the community. This website has been developed in partnership with the Neurodevelopmental assessment team who would have undertaken your assessment.

Please access the Neurodiversity Information Hub through this link:

<https://www.mindmate.org.uk/nd/>

or by scanning the following QR code on your phone.



Support

Key websites for young people with ADHD and their families

Where to start

- The **ADHD Foundation** is the UK's leading neurodiversity charity. Through their website you can access many informative resources aimed at young people and parents. They also offer direct support, workshops and webinars for families and professionals in education.
 - <https://www.adhdfoundation.org.uk/>
- The **Leeds Local Offer** provides information for children and young people with special educational needs and disabilities and their parents or carers. It shows families what they can expect from a range of local agencies including education, health and social care.
 - <https://leedslocaloffer.org.uk/#!/directory/suggestions>
- The **Leeds ADHD Support group** is a peer support group for adults and young people with ADHD, their families and other people affected by ADHD. They provide in-person and online meetings as a safe space for people to chat about living with ADHD.
 - <https://www.leedsadhd.org/>
- **West Yorkshire ADHD Support Group** supports anyone affected by ADHD. This includes both adults and young people with, or suspected of having ADHD, along with their parents, carers and siblings. They provide online support as well as peer support meetings.
 - <https://www.wyadhd.org.uk/>



Emotional and mental health support

As with neurotypical peers, some young people with ADHD may experience difficulties with their emotional wellbeing and mental health. There are some specific challenges that young people with ADHD might face - they could be more likely to experience anxiety and additional stressors with demands of everyday life and aspects of school. Everyone manages these things in different ways and many young people manage this through peer support from friends and family. If you need to access more support, it may be helpful to start by speaking to school or college. Support and help can come in many forms – you might need help and advice about how to manage day to day demands alongside having ADHD, or there may be changes that school or your family can make in how they support you to help life run more smoothly. You may benefit from a referral to a specific service for support or therapy.

- The **Every Mind Matters** website has some self-care advice videos as well as other information aimed at young people, parents and carers to support them to maintain their mental health.
 - <https://www.nhs.uk/every-mind-matters/>
- The **YoungMinds Website** provides information on diagnosis, professional help and practical advice surrounding ADHD and mental health.
 - https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health?gclid=EA1aIQobChMI-N695PHU9wIVJ4BQBh1vdAbZEAMYASAAEgKbU_D_BwE
- You can also access information regarding emotional wellbeing and mental health on the **MindMate website**:
 - <https://www.mindmate.org.uk/>

*Mental Health support will often need to be **adapted to suit the specific needs** and challenges that present in young people with ADHD. Below details a list of resources to support better understanding of neurodivergent mental health needs:*

- **ADHD and emotional reactions to (perceived or real) rejection (Rejection Sensitivity Dysphoria)**
 - <https://embrace-autism.com/rejection-sensitive-dysphoria-in-adhd-and-autism>
- **Boys vs. Girls: How Puberty Affects ADHD Symptoms**
 - <https://www.additudemag.com/puberty-and-adhd-symptoms-teens/>
- **ADHD Foundation: Emotional Regulation to Improve Learning, Achievement, and Behaviour**
 - https://www.adhdfoundation.org.uk/wp-content/uploads/2019/10/Day_1_Lou_Brown.pdf

Urgent support

These are services to access if you are in crisis and they are offered to people with or without ADHD. The services and information listed below can offer support with anxiety, depression and other mental health symptoms that are common in young people with ADHD.



- For immediate advice and support, contact the **CAMHS helpline** on 0800 953 0505 between 8am and 8pm every day.
- **West Yorkshire Night OWLS** (run by the Leeds Survivor Led Crisis Service) is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. They can be contacted if

a young person is in crisis and there are concerns regarding their emotional wellbeing.

- **0800 1488 244**
- **Text: 07984 392700**
- <https://www.lslcs.org.uk/services/night-owls-helpline/>
- **Samaritans** offer immediate mental health support and information online for everyone. Their helpline is free, available 24/7 and available to all ages. **Call 116 123** or **email jo@samaritans.org**.
 - <https://www.samaritans.org/>
- **The Market Place** offers free and confidential one to one mental health support, counselling, group-work and drop-in sessions for 11-25 year olds in Leeds.
 - <https://www.themarketplaceleeds.org.uk/services/>
- **Teen Connect** is a helpline for Leeds based 11-18 year olds who are in crisis. They are available every night of the year. You can call **(0808 800 1212)**, send a text **(07984355251)** or visit their website to access support.
 - <https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>
- **Kooth** is an online counselling and emotional wellbeing platform for children and young people between 11-18 years old. You can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums.
 - <https://www.kooth.com/>

Local support for families

Parents as well as siblings might need additional support to understand ADHD and how to adjust their approach to support their family member with ADHD. Speaking to school is a good place to start as they can facilitate support to you as a family and direct you towards local services. Here are some services below that might be useful for families of neurodivergent children and young people (in addition to the groups listed earlier in this pack).



- **Autism & ADHD Parent Support UK** have a Facebook group for parents/carers and young people with ADHD. They also have pre-diagnosis workshops for tips from fellow parents whilst you wait for your child's neurodevelopmental assessment.
 - <https://www.facebook.com/groups/autismadhdparentsupportuk/>
- **Carers Leeds** offer advice and support online, via telephone and face-to-face for friends and family members who care for someone with any illness, mental health condition or disability, including neurodevelopmental conditions.
 - <https://www.carersleeds.org.uk/>
- **Leeds Parent Carer Forum (PCF)** is an independent parent carer forum run by local parents. Parents in this group aim to improve the quality of life of SEND families in

Leeds and encourage better outcomes through engagement and participation. They in partnership with the Local Authority, Education, Health and Social Care.

- 07423436813
- info@leedsparentcarerforum.co.uk
- <https://www.leedsparentcarerforum.co.uk/>
- **Lotus Links Peer Support** offers sessions to families who have children with special educational needs and/or disability who experience anxiety-led distress behaviours. This fortnightly group provides a space for parent/carers to connect, share their worries and receive support.
 - <https://www.facebook.com/lotuslinkspeersupportleeds>
- The **YoungSibs** website provides information and advice for siblings of children with additional needs, through child-friendly articles and the 'ask a sibling advisor' feature.
 - <https://www.sibs.org.uk/youngsibs/>
- **Contact** is a charity for families with children with a range of disabilities. They offer information, workshops, and emotional support for family members.
 - <https://contact.org.uk/>
- **Home Start** offers group and individual support to families with children who are going through challenging times. Volunteers who work for Home Start offer support including helping people access local services in their area and working with families to support parents aid the development of their child's emotional and social development.
 - <https://www.home-start.org.uk/>
- **SCOPE** has a range of family services including emotional and peer support, sleep support and family activities.
 - <https://www.scope.org.uk/family-services/>

Parenting

This section aims to help parents of young people with ADHD better understand and support their child with their recent diagnosis.

Online resources:

- The **ADHD foundation** provides an hour-long presentation that begins with a good introduction to what ADHD is. It discusses emotional dysregulation and why it can be a common occurrence for individuals with ADHD. It focuses on provision of support through environmental adaptations and involvement from families.



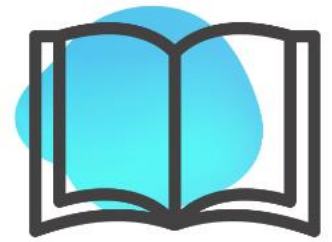
- <https://register.gotowebinar.com/recording/viewRecording/8728429504924539990/6149620639644958549/sarahewston@icloud.com?registrantKey=1977135640405541462&type=ABSENTEEMAILRECORDINGLINK>
- The **ADHD foundation** also provides a helpful information and resource booklet for parents and carers of young people with ADHD. This resource looks at several important topics surrounding ADHD such as: emotion and organisation, clear and open communication, and managing stress.
 - https://www.adhdfoundation.org.uk/wp-content/uploads/2022/05/ADHD_FOUND_Takeda_ParentBooklet_May22_2.pdf

Books:

- **Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive.**
 - Dr Mark Bertin (2015)
 - This book aims to help parents (and their children with ADHD) stay cool and collected while living more fully in the present moment. In the book, Mark Bertin, addresses the various traits of ADHD using non-technical language and a user-friendly format. Additionally, the book helps parents learn how to let go of judgments, reasonably assess their child's strengths and weaknesses, lower stress levels for both them and their child, communicate effectively, and cultivate balance and harmony at home and at school.
- **What Your ADHD Child Wishes You Knew**
 - Dr Sharon Saline (2018)
 - This book gives parents new insights into the minds and feelings of their children with ADHD. It also offers parents a new, family-tested roadmap for reducing family stress and improving loving connections. Many books about ADHD tell parents what to do and how to discipline. This one explains the importance and effectiveness of being an empathically aware communicator, and how working together creates lasting results.

School

Young people with ADHD will have **varying levels** of additional academic, social and environmental needs in school. Some young people manage mainstream education with minimal additional support whilst others may need a lot of support in school or even a specialist provision. Schools are responsible for meeting additional needs of all children **regardless of any specific diagnosis**. Some needs can be met universally within the classroom, and some require additional **targeted interventions** or some more **individualised support**. Any concerns regarding school and education should be raised with your teacher or the Special Educational Needs Co-ordinator (SENCO).



Who can support me?

- **SENCO's** are teachers who have additional responsibility as leaders of Special Educational Needs and/or Disabilities (SEND) in their school. They work with other staff in school, and external professionals as required, to ensure that individual children's needs are met through a graduated approach. This means that additional support is carefully planned, put in place and then regularly reviewed, to ensure that all children can continue to make progress. Please get in contact with your child's SENCO if you have any concerns.
- Leeds **SENDIASS** (Special Educational Needs and Disabilities Information Advice and Support Services) support children and young people with special educational needs and disabilities (SEND) and provide support to their parents and carers. They provide a free, impartial, and confidential service through their website and online resources. Self-referrals can be made on their website.
 - <https://sendiass.leeds.gov.uk/>
- **Nemour Teens Health** offers some tips and tricks to help you manage your ADHD in school.
 - <https://kidshealth.org/en/teens/adhd-tips.html>
- **For further information regarding school, please visit the Neurodiversity Hub:**
 - <https://www.mindmate.org.uk/nd/education/>

Daily Life

Sensory Processing

*It can be really common for neurodivergent people to have differences in sensory processing. This can cause great **enjoyment** in some cases but can also be **challenging** at times. It may be harder for neurodivergent people to keep sensory systems in balance, and it may have an impact on how they go about **daily life**.*



- **The Humber Sensory Processing Hub** provides detailed resources and information to educate families about sensory processing in children across different environments.
 - <https://sensoryprocessinghub.humber.nhs.uk/what-is-sensory-processing/>
 - <https://sensoryprocessinghub.humber.nhs.uk/resources/>
- **There is a range of support on the Neurodiversity Hub around strategies and advice on sensory processing that you can access. This includes information about further support from other services:**
 - <https://www.mindmate.org.uk/nd/what-is-nd/sensory-processing/>

Sleep

Getting to sleep and staying asleep can be difficult for neurodivergent children and young people. There are a range of resources and websites that can provide further support and information.

- The **Scope UK** website provides information to help young individuals with their sleep. As a first step, we recommend reading the advice on the link below:
 - <https://www.scope.org.uk/advice-and-support/help-disabled-child-sleep/>
- If you require further support, you can contact their **Sleep Right Support Services** to access online or face-to-face sessions in Leeds where you will be linked with a Scope practitioner trained to help with sleep.
 - <https://www.scope.org.uk/family-services/sleep-right/>
- **The Sleep Charity** provides a useful sleep diary for teenagers.
 - <https://thesleepcharity.org.uk/wp-content/uploads/The-Sleep-Charity-Teens-Sleep-Diary.pdf>
- The **Teen Sleep Hub** provides advice on how to sleep better, tips on adapting sleep routines and knowledge regarding the science around sleep patterns.
 - <https://teensleephub.org.uk/>
- **For further information regarding sleep, please visit the Neurodiversity Hub:**
<https://www.mindmate.org.uk/nd/living-nd/support-with-sleep/>

Eating and food

A healthy, balanced diet is important for all young people but there are some specific issues related to diet and food for children and young people with ADHD. Neurodivergent young people are also more likely to have issues relating to diet and eating relating to their sensory differences.

- The **British Dietetic Association** has a booklet that explains the relationship between food and ADHD, and makes some suggestions for your child's diet that may help with managing their ADHD.
 - <https://www.mindmate.org.uk/wp-content/uploads/2022/10/BDA-MHG-ADHD-food-handout.pdf>
- The **Tees, Esk and Wear Valleys NHS Foundation Trust** has some tips about how to encourage healthy weight gain if your child's ADHD is causing them to fall below a healthy weight.
 - <https://www.tewv.nhs.uk/about-your-care/conditions/adhd/weight-loss/>

For information regarding this, please visit the Neurodiversity Hub:

- <https://www.mindmate.org.uk/nd/living-nd/eating-nd/>

There are helpful resources on the Mindmate website including general dietary advice for children and young people with ADHD, including those taking ADHD medication.

Neurodivergent friendly activities and days out

Going out for the day or to an activity can be a challenge for neurodivergent children and young people. The Neurodiversity Hub website provides information about local activities and days out which may be more accessible to neurodivergent children and young people.

- <https://www.mindmate.org.uk/nd/living-nd/activities-nd/>
- **Leeds local offer** provides signposting to SEND friendly activities and days out.
 - <https://leedslocaloffer.org.uk/#!/search/list?query=YPPPlacestovisit&exact=1>



Shopping

Neurodivergent children and young people may struggle with sensory overload when going shopping. Some shops now offer quieter shopping sessions where music and announcements are turned down. Visiting at these times may help you to feel less overwhelmed when going shopping.

- **AccessAble** is a website which provides key and detailed information about different places, such as; health centres, shopping centres, tourist attractions, hotels, accessible toilets. Each place has an 'Access Guide' with information about how to get there, parking, what the building is for, and many pictures both inside and outside the building. This can be really useful if you'd like to know how accessible

the place is for you, to help support you to find your way and reduce the anxiety of going to new places.

- Visit the website here: <https://www.accessable.co.uk/>
- Here is an example guide for one of the CAMHS health centres, Parkside Community Health Centre:
<https://www.accessable.co.uk/community-health-partnerships/access-guides/parkside-community-health-centre>
- **Leeds Trinity shopping centre** has a quiet hour every Tuesday from 9am until 11am. In this time the music is turned down, lighting reduced, reduced amount of tannoy announcements, and limiting strong smells. On the first floor there is the Guest Services team which provide free hidden disability (sunflower) lanyards which can be used whilst visiting the store. Here they also have free access to ‘sensory backpacks’, which include the hidden disability lanyard, along with sensory toys and ear defenders.
 - You can contact the Guest Services team about anything either by email (info@trinityleeds.com) or phone (0113 394 2415).
 - You can email them to ask for specific requests, such as pictures of the shops/restaurants to see before you go.
 - Visit the website here: <https://trinityleeds.com/accessibility-mobility-services>
- **Morrisons** offer a quieter hour every Saturday 9am until 10am. During this time, they turn the radio and music off, dim the lights, avoid tannoy announcements where possible, reduce movement of trolleys/baskets, and turn other electrical noises down such as checkout beeps. There is a sign up to show other customers it is a quiet hour.
 - Visit the website here for further information:
<https://my.morrisons.com/blog/community/quieter-hour/>
- **Through the Maze** is a service which provides information and signposting for those who require information in an accessible format. It was originally made for those with a learning disability, but it can be useful for anyone who needs an Easy Read format to learn about events or things there are to do in Leeds. The website has visuals, text to audio functions, and larger clearer text/information.
 - Visit the website here: <https://www.through-the-maze.org.uk/>
- **For further information regarding this, please visit the Neurodiversity Hub:**
<https://www.mindmate.org.uk/nd/living-nd/shopping-nd/>

Travel

Travelling can be overwhelming for neurodivergent people, particularly those who have difficulties communicating, struggle with change, or experience sensory overload.

Depending on the method of transport, there are a range of resources and information that can help.

- **Air travel**

Most airports offer advice and support ahead of your journey, as well as assistance when you arrive at the terminal. Check with the airport before you travel by looking at their website, where there is often lots of helpful information.

- **Rail travel**

You may be eligible for a Disabled Persons Railcard. For more information about whether you qualify and how to apply visit:

- <https://www.disabledpersons-railcard.co.uk/are-you-eligible/>

- **Bus travel**

First Bus and Arriva have both made some communication cards that may be helpful to print off and use when interacting with the bus driver and other passengers:

- https://www.firstbus.co.uk/uploads/node_images/Extra-Help-To-Travel-journey-assistance-cards-june-20-v2.pdf
- https://cdn1-originals.webdamdb.com/13953_123098735?cache=1623151186&response-content-disposition=inline;filename=Journey%2520Assistance%2520Cards%2520A4%2520-%2520UPDATE2021.pdf&response-content-type=application/pdf&Po

What does ADHD mean to me?

Understanding Neurodiversity

The resources listed below are intended to help you to understand your ADHD diagnosis, through information, advice, personal experiences and testimonies.



- **Attention Deficit Hyperactivity Disorder: Recognition, Reality and Resolution - Book**
 - G D Kewley (2001)
- **Websites** providing information about ADHD, ADD and hyperactivity for young people:
 - <https://www.adhdandyou.co.uk/young-person/>
 - <https://www.themix.org.uk/your-body/learning-disabilities-syndromes/attention-deficit-disorder-7441.html>
- **For further information around understanding ADHD, please visit the Neurodiversity Hub:** <https://www.mindmate.org.uk/nd/what-is-nd/adhd/>

Understanding ADHD; resources and books

Getting a diagnosis can be a really big thing - it may take time to work out what ADHD means to you and that's okay. We're all unique individuals so everyone will have different feelings about their diagnosis. It can be helpful to understand how others relate to having ADHD. There are a lot of neurodivergent people sharing their stories on social media, websites and books. Here are a few that might help you get started.

- **9 ADHD Myths and Fallacies That Perpetuate Stigma**
 - <https://www.additudemag.com/adhd-myths-and-facts-learn-the-truth-about-attention-deficit/>
- **10 Things I Wish the World Knew About ADHD**
 - <https://www.additudemag.com/living-with-adhd-facts/>
- **How to ADHD YouTube Channel**
 - <https://www.youtube.com/@HowtoADHD/videos>
- **Hacking your ADHD podcast**
 - <https://www.hackingyouradhd.com/podcast>
- **The ADHD foundation** - A teenager's guide to ADHD: Information Guide and workbook for teenagers living with ADHD.
 - https://www.adhdfoundation.org.uk/wp-content/uploads/2023/05/ADHD_TeenagerBooklet_London.pdf

Books

Some of the books we recommend include:

- **ADHD and Me!**
 - **Claire Ryan**
 - This resource is a user-friendly guide to exploring what ADHD means for young people and those close to them. It is available digitally through Chatterpack. The book touches on many aspects surrounding ADHD, such as hyperactivity, impulsivity, emotions and sensory processing. The author celebrates the individual thinking that ADHD can bring about, and the positive sides to having a unique brain.

- **ADHD: an A-Z.**
 - **Leanne Maskwell (2021)**
 - Appropriate for 16+. Useful for parents.
 - The accessible A-Z format, covering everything from burnout and finances to time management and relationships, gives you the tips and confidence you need to reach your full potential. It empowers you to understand why ADHD brains work the way they do and how to harness your unique mind to think creatively and overcome any hurdle life throws at you. Easy to digest and full to the brim with practical life advice including budgeting plans for impulsive spending, advice on rejection sensitive dysphoria and ways to relax, this book provides everything you need to feel confident and supported through your ADHD diagnosis and beyond.

- **The Teenage Girl's Guide to Living Well with ADHD: Improve your Self-Esteem, Self-Care and Self Knowledge.**
 - **Sonia Ali**
 - Learn how ADHD brains work, and tricky concepts like executive functioning. Quick chapter summaries let you pick which sections are most relevant to you right now, and the strategies and visuals are designed for ADHD brains and can be used with support from parents, mentors, or teachers. The chapters are full of tips, tricks, and life hacks so you can better manage your time, harness your creativity, energy, enthusiasm, and make more time for fun! Reflection activities and quizzes will help you better understand yourself and learn the fundamentals of great self-care and how to look forward to life beyond school.

Your voice

Along your ADHD journey, you may find you have learnt things about yourself and might continue to do so. You may become interested in advocating for yourself and others using your own experiences and thoughts. Below you can find some groups that support young people in promoting their voice and influence.

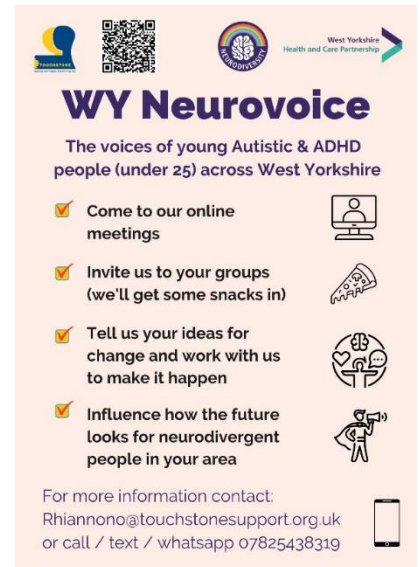
- **Leeds Youth Council - voice and influence for 10- to 18-year-olds**
 - As a young person growing up in Leeds it's important that you have the right to say what happens in the city and to be able to let people know when you think things could be improved. From your streets to your schools, parks, youth activities, health and support services and much more - if you think you can help make things better then Leeds Youth Council can support you and give you platforms to do this.
 - <https://www.leeds.gov.uk/children-and-families/leeds-youth-voice/youth-council>

- **YouthWatch Leeds - youth voice in health**
 - Young people aged 14-25 can volunteer with Youth Watch Leeds to share their views on how services like doctors, dentists and social workers could be made better for them.
 - <https://healthwatchleeds.co.uk/youthwatch/>

- **Leeds Community Healthcare NHS Trust Youth Board**
 - The Leeds Community Healthcare NHS Trust Youth Board is for young people 14 to 24 years old who are interested in being involved in developing children's services offered by Leeds Community Healthcare NHS Trust. The Youth Board meet regularly to discuss ideas, give their feedback and develop new skills.
 - <https://www.leedscommunityhealthcare.nhs.uk/patient-experience-and-engagement/get-involved/youth-board1/>

- **West Yorkshire Neurovoice** work with ADHD and Autistic young people to encourage advocacy and sharing of lived experience. Being collaborative and inclusive in their work, they use their collective expertise and your lived experience to further inform ADHD / Autism services going forward. They have a particular focus on addressing any social inequalities that neurodivergent individuals may face.

- <https://touchstonesupport.org.uk/clinical-services/west-yorkshire-autism-and-adhd-deep-dive-coproduction/>



- The **Advonet Group** and **Leeds Autism AIM** provide free accessible self-advocacy resources and tools.
 - <https://advonet.org.uk/resources/self-advocacy-resources/> - **Advonet Group** link to resources such as; Self-Advocacy pack, Phone Call Planner, Advocacy factsheets (regarding; council housing, debt, universal credit etc.), Speak4Yourself cards,
 - <https://leedsautismaim.org.uk/resources/self-advocacy-tools/> - **Leeds Autism AIM** link to resources such as: Communication Profiles, Social Profiles, Weekly Planner, Autism Health Passport, and so on.
- **National Children’s Bureau** help young people by working in partnership with organisations and support to improve services and change policies, putting children at the heart of decision making. See their Involving Children and Young People page to find out more: - <https://www.ncb.org.uk/what-we-do/involving-children-young-people>
 - See their **‘Our Turn To Talk’ Podcast** where young people are advocating for and sharing their differences and needs: <https://www.ncb.org.uk/what-we-do/involving-children-young-people/listen-our-turn-talk-podcast>
- The **Hidden Disabilities Sunflower lanyard** is a visual indicator that you can wear to communicate to others that you have additional needs, or a condition that may not be immediately apparent. It signals to other people that you may need a little help, understanding or more time in shops, at work, on transport or in public spaces. You do not need a diagnosis to wear a lanyard.
 - Find out more information and how to get a lanyard here: <https://hdsunflower.com/uk/>

Transitions to adulthood

Approaching adulthood and independence can throw up a new range of challenges. Some young people with ADHD may manage this transition with minimal additional support whilst others may need a lot of support. Below are a few services that can help you feel well supported during this time period.



Services to support transition into adulthood

- **Mindwell Leeds** is a **mental health** website for adults in Leeds. The website provides a range of useful information from practical advice about money to understanding common mental health problems and taking care of your wellbeing. It signposts to the support available in the city, as well as the crisis and emergency support contact details for adult services.
 - <https://www.mindwell-leeds.org.uk/>
- **GIPSIL** offers a Wellbeing Outreach service for young people aged 16-25 across the Leeds district. This includes up to 18 support sessions to help with mental health, involvement in positive activities, making connections to the local community and meeting new friends, finding services to help with housing, benefits and more, accessing employment or education and improving physical health.
 - Referrals from practitioners and self-referrals are welcomed. To make a referral or to discuss this service further please contact Becky Jones on **0113 391 8000** or email **becky.jones@gipsil.org.uk**.
 - Please visit the GIPSIL website for further insight on the support they provide: <https://gipsil.org.uk/>
- **Leeds Mental Wellbeing Service** supports individuals to manage everyday problems such as feeling low, anxious or stressed, or struggling with sleep. They offer a range of support, including phone support, instant access online resources, group classes and 1-1 'talking therapies'.
 - <https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/>
- **Live Well Leeds** is a Leeds city-wide service based in the community to provide support for people with mild to moderate support needs to manage and/or recover from their mental health whether they are diagnosed or not.
 - <https://livewellleeds.org.uk/>
- **Women's Counselling and Therapy Service** is currently offering phone or zoom counselling for Leeds women and girls. They also offer support for wider health issues. There is no charge for services.
 - <https://www.womenstherapyleeds.org.uk>

Groups available in Leeds:

- **The THRU group with Leeds Mind** is a group is for people aged between 18 and 25 which offers peer support and skill building around mental health difficulties. They are currently running two weekly support groups – face to face on Monday and via zoom on Thursday. You can self-refer at:
<https://www.surveymonkey.co.uk/r/MBNH3RV>.
 - Check out the website at www.leedsmind.org.uk/our-services/peer-support to find out more about the group – you will attend an introductory appointment first to find out more about the group and how it all works online.
- **Leeds Mind** also run some other online workshops on topics including coping with change, coping with crisis, coping with isolation, coping with panic, improving mental wellbeing, managing mood and managing anxiety. Check out the same website as above to find out more about these workshops or to book on if you are interested.
- **Andy’s man club** is a support group specifically for men who have experienced mental health difficulties. They want to give men the place and space to talk about whatever is going on for them. They have online groups available, every Monday at 7pm. You can look at their Facebook page just by searching Andy’s Man Club Leeds, and can see lots of content without having to like or follow their page. There are videos, podcasts and lots to read on there. If you want to join the Monday group or have any questions, you can email them at:
 - info@andysmanclub.co.uk.
- **Getaway girls** have different peer support groups for young women in Leeds. These tend to be quite creative in nature, looking at poetry, creative writing, music and song as a way of expressing and making sense of your mental health.
 - <https://getawaygirls.co.uk/>

Learning to drive

As you reach adulthood, driving may be on your list of priorities. Learning to drive can be exciting but also nerve racking for some. Below are some resources to help you kickstart your journey to driving, while keeping your recent diagnosis in mind.



- Before beginning to learn to drive, ensure you are up to date with requirements in relation to your ADHD diagnosis:
 - <https://www.gov.uk/adhd-and-driving>
- **Laugh n Pass and 1st Drive Forward** have instructors who are competent in teaching any person who may struggle with communication and socialising.
 - <http://www.laughnpass.co.uk/>

Sex and Puberty

There is a lot of information out there when it comes to learning about puberty and sex. This can be quite overwhelming and make it hard to know where to begin. Below are a few websites and books that might be helpful in supporting your understanding. Some of these are general websites about puberty and sex and others are related to neurodivergence.

- The **National Autistic Society** is a charity for autistic people, providing information, guidance, and advice. Their website has a 'Sex Education – a guide for parents and carers' section on their website. Here they provide advice and information about how parents can support their autistic child with understanding puberty, sex, relationships, and staying safe. The website thoughtfully considers how to adapt this information and gives advice on how best to approach these topics in an inclusive way.
 - Click here to see this section of the website:
<https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/sex-education/parents-and-carers>
- **Sheffield Children's NHS Foundation Trust** offers pages on their website which provide information and advice about puberty and autism. These pages offer information (with visuals) about what puberty is, the impact of puberty for autistic children, key messages to parents/carers, and strategies/support.
 - One page is dedicated to puberty and autism in boys:
<https://library.sheffieldchildrens.nhs.uk/puberty-and-autism-in-boys/>
 - One page is dedicated to puberty and autism in girls:
<https://library.sheffieldchildrens.nhs.uk/puberty-and-autism-in-girls/>
- **The Autism Community in Action (TACA)** has a page on their website called 'puberty'. Here they discuss hygiene, mood swings, sexuality. As well providing useful information, they refer to how this can be experienced differently for neurodivergent or autistic young people, with lots of helpful tips and guidance for parents/carers.
 - <https://tacanow.org/family-resources/puberty/>
- **ReachOut Parents** have a page dedicated to what it may be like experiencing puberty with ADHD. Here they cover which aspects of ADHD may become more challenging as you / your child goes through puberty, and how the changes in hormones can impact different aspects, such as emotional regulation and mood. The page also covers useful tips for parents/carers on how to support your teen during puberty, and practical advice on the implications on ADHD medication too.
 - <https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-puberty-and-teenagers/what-is-puberty-like-for-teens-with-adhd>

- **Planet Puberty** is a website for parents of neurodivergent children/young people that has lots of advice, ideas and information about how to discuss puberty. They have real life experiences from parents, links to further resources and information and interactive activities for children/young people to do. Aswell as covering the practical and biological aspects of puberty they also discuss the emotional impact.
 - <https://www.planetpuberty.org.au/>
- **ADDitude magazine** article about the impact of puberty on ADHD traits/presentation. It also shares some ideas and advice for how parents and carers can best support their children during this time
 - [Puberty and ADHD Symptoms in Teens and Tweens \(additudemag.com\)](https://www.additudemag.com/puberty-and-adhd-symptoms-in-teens-and-tweens)
- The **Occupational Therapy Helping Children** website have a page for parents/carers of neurodivergent children offering information about how to provide support to them through puberty. They discuss how to prepare your child for puberty and give tips on how to talk about subjects that might be sensitive
 - <https://www.occupationaltherapy.com.au/supporting-neurodiverse-adolescents-through-puberty/#:~:text=Puberty%20can%20have%20a%20significant,difficulty%20in%20managing%20overwhelming%20feelings.>
- The **Bodytalk** website has a puberty section which is aimed at young people. It is very interactive and full of different activities to help explore and understand puberty. It deals with puberty in a sensitive way and the viewer can choose the level of clothing which body images wear, e.g. full clothing, underwear, no clothing, when showing the bodily changes that occur during puberty. The website also covers social and emotional changes and the use of technology.
 - [bodytalk.org.au](https://www.bodytalk.org.au)
- The **SECCA** website has a range of unique resources to help people of all abilities learn and teach about relationships, sexuality, health and rights. There resources are picture-based and written to ensure access and understanding.
 - <https://www.secca.org.au/resources/>
- **The autism friendly guide to periods, Robyn Steward**
 - This is a detailed guide for young people aged 9 to 16 talking about the basics of menstruation. The book teaches about periods and aims to reduce the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. The guide was put together with the input from young people, an online survey and medical professionals.
- **“What’s happening to Ellie” by Kate E. Reynolds- book**

- This book helps parents and carers teach neurodivergent girls about puberty. It covers changes they will experience including emotional aspects (feelings) and physical aspects (periods).
- **“What’s happening to Tom” by Kate E. Reynolds- book**
 - This book helps parents and carers teach neurodivergent boys about puberty. It covers changes they will experience including emotional aspects (feelings) and physical aspects (wet dreams).

This is a general guide to ADHD resources – please note that these resources contain information that is created and maintained by other public and private organisations.

Inclusion within this pack should not be taken as a recommendation or endorsement of their information, products or services, and be aware that information quickly becomes outdated.

We are always looking to improve these post-diagnostic support packs; therefore, **sharing any feedback is highly welcomed**. Please email nd.cypmhs@nhs.net if you wish to do so.

Leeds Community CYPMHS, Neurodevelopmental Team; Dr Jenny Perry (Clinical Psychologist), Amber Wilkins (Assistant Psychologist), Narjes Froozani (Psychology Intern), Abbie Lowe-Smith (CYPMHS Assistant), Katharine Rice (CYPMHS Assistant).

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