

ADHD INFORMATION,ADVICE AND RESOURCE PACK



Ten frequently asked questions about ADHD

By Colin Foley, Director of Training



1. What is ADHD?

ADHD is a neurodevelopmental condition that makes it difficult for children to concentrate, to sustain attention, to sit still, to follow directions and to control impulsive behaviour. These symptoms make it difficult for children and young people to follow through on tasks in age-appropriate ways which can make classroom-based learning challenging at times.

2. What are the most common symptoms of ADHD?

The symptoms of ADHD can be divided into two groups: inattentive behaviours and hyperactive and impulsive behaviours. Inattentive symptoms can include being very distractible, having difficulty remembering and poor organisation. Hyperactive and impulsive symptoms can include impatience, excessive movement, talking and interrupting as well as difficulties turn taking.

3. My child is not very hyperactive, can she have ADHD?

Yes. Children and young people who are inattentive but not particularly restless or impulsive can have what is called "Inattentive type ADHD." They tend to be diagnosed later because they are missed due to the absence of hyperactivity. However, Inattentive type ADHD can still result in many challenges for the child or young person, particularly in learning environments.

4. What is Hyperfocus?

The condition is not really an Attention Deficit. People with ADHD can pay attention. It is actually a condition which leads to difficulties controlling, directing and sustaining attention. People with ADHD can pay a lot of attention to things and activities that really interest or excite them or activities which are immediately rewarding. This is called Hyperfocus.

5. What is Executive Functioning?

Executive functioning is the way in which your brain plans and organises itself. The functions are self-regulating skills that we all use to accomplish tasks, for example, target setting, prioritising, self-monitoring and time management. homework. It is very common that children and young people with ADHD will have difficulties in these areas.

6. How will ADHD affect my child outside of school?

ADHD can have an impact upon every area of the life of a child or young person, for example, in making and sustaining friendships. Children and young people can be susceptible to bullying and can experience rejection by their peers. This can lead to children and young people experiencing high levels of anxiety in a range of places and situations, not just inside the classroom.

7. Is ADHD a brain-based condition?

Yes. Brain imaging studies have shown that people with ADHD have structurally different brains than people without ADHD. It also runs in families. Children whose parents have ADHD up to a 60% chance of also having ADHD.



8. What treatments are there for ADHD?

There are a variety of research-backed therapies that can help relieve symptoms of ADHD. Some of the most effective approaches combine several therapies, such as medication. Stimulant medications (Ritalin or Concerta) are the most commonly prescribed. These drugs stimulate the parts of the brain that are under stimulated. These parts of the brain are related to thinking and attention. The goals of these medications are to reduce hyperactivity/impulsivity and increase focus/attention. Another example is Cognitive behavioural therapy. This approach emphasises mindfulness and teaches a child to be aware of their emotions as a way of improving attention.

9. Can ADHD affect my child's sleep?

Yes, children and young people can experience difficulties with sleep. This can result in not falling asleep easily, not sleep soundly through the night and then not waking up feeling refreshed. The mental and physical restlessness of ADHD can disturb a child's sleep patterns. This can then exacerbate problems with concentration and focus throughout your child's day in school.

10. What is time blindness?

Time blindness is a term that was first used by doctors treating people with ADHD. Most young people develop an innate awareness of time and an ability to track its passing. However, for some children and young people with ADHD, this "time awareness" does not develop so successfully leading to missed appointments or playing a game for hours and not realising that there was homework to do done. In the most severe cases, this can have a profound effect on a person's life.

AADD-UK

Living with ADHD

In an attempt to keep things organised, information related to living with ADHD has been divided into categories and placed on subpages under the following headings: organisation/time management, relationships & social skills, money management, university & college issues, workplace issues, women & ADHD, and crisis helplines (links to these subpages are at the bottom of this page as well as links to the remainder of our site).

As with everything, some information just doesn't fit easily into any category so this page is a compilation of numbered miscellaneous information.

1. ADHD & Driving:

We've been asked by people holding driving licenses if they have to notify DVLA when they receive a diagnosis of ADHD. This is what DVLA says in relating to ADHD, Asperger's syndrome, autism spectrum disorders & severe communication disorders:

For Group 1 (car and motorcycle): May be able to drive but must notify the DVLA. A diagnosis of any of these conditions is not in itself a bar to licensing. The DVLA considers factors such as the level of: impulsivity, and awareness of impacts of behaviours on self or others.

For Group 2 (bus and lorry): May be able to drive but must notify the DVLA. Licensing will be considered individually following medical enquiries. Licensing may be granted if continuing symptoms are minor.

That means that people with ADHD have a legal duty to notify DVLA when they receive a diagnosis of ADHD. In the DVLA's guidance for doctors it says that they should "advise the individual on their legal requirement to notify the DVLA."

The DVLA can be notified via the GOV.UK website (see the link below this article) and this is how DVLA responds when notified:

Once the DVLA is notified of a medical condition and obtains consent, it will make medical enquiries as required. The Secretary of State (in practice, the DVLA) is unable to make a licensing decision until all the relevant medical information is available and has been considered. . . The DVLA's medical enquiries procedure is generally a two-stage process:

1. Information on the medical condition is sought from the licence holder or applicant, either by paper questionnaire or online
2. Information is sought from relevant healthcare professionals, either by questionnaire or provision of medical notes.

In some circumstances the DVLA will require independent review by a DVLA-appointed doctor or optician/optometrist. Depending on individual circumstances, a licence applicant may also require a driving assessment and/or appraisal. . . The time taken to obtain all necessary reports can be lengthy but a licence holder normally retains entitlement to drive under Section 88 of the Road Traffic Act 1988. . .

The driver may be covered to drive but this carries implications for road safety in that the licence holder may continue to drive with a medical condition that, on completion of the DVLA's enquiries, may ultimately result in licence withdrawal. It is for the patient to assure themselves that they are fit to drive. Medical professionals asked for an opinion about a patient's fitness to drive in these circumstances should explain the likely outcome by reference to this guide. The final decision in relation to driver licensing will, however, rest with the DVLA. By reference to the DVLA's guidance, the doctor in charge of an individual's care should be able to advise the driver whether or not it is safe for them to continue to drive during this period. Patients must be reminded that if they choose to ignore medical advice to stop driving this may affect their insurance cover. Doctors are advised to formally and clearly document the advice given.

You should get a decision from DVLA within 6 weeks. DVLA should send you a letter if the process is going to take longer.

Here are links to our sources for this information (accessed 5/5/2017)

<https://www.gov.uk/guidance/psychiatric-disorders-assessing-fitness-to-drive#pervasive-developmental-disorders-and-adhd>

<https://www.gov.uk/government/publications/assessing-fitness-to-drive-a-guide-for-medical-professionals>

<https://www.gov.uk/adhd-and-driving>

2. ADHD & Firearms:

It has come to our attention that there is a belief that if people with ADHD are taking stimulant medication they may have their firearms or shotgun certificates revoked. However, after we read through the Government's new Guide on Firearms Licensing (issued April 2016) as well as the British Medical Association's take on the guidance, we realised that this belief is not entirely correct and that the situation as it relates to ADHD is actually both vague and complex. Here's what we've found out:

A. The Home Office issued revised guidance on firearms licensing law in April 2016 which places a responsibility on the local constabulary to ensure that everybody applying for, or renewing, firearms and shotgun certificates is medically fit to possess firearms and shotguns.

The application form requires the applicant to give consent to the sharing of factual medical information between GP's and the police both during the application process and following the grant of the certificate while it remains valid.

B. If the applicant has a relevant medical condition then the police may ask the GP for a written medical report. Here is the list of 'relevant' medical conditions that the Home Office wants applicants to include on the firearms application:

Acute stress reaction or acute reaction to the stress caused by a trauma

Suicidal thoughts or self-harm

Depression or anxiety

Mania, bipolar disorder or a psychotic illness

A personality disorder

A neurological condition: for example, Multiple Sclerosis, Parkinson's or Huntington's diseases, or epilepsy

Alcohol or drug abuse

Any other mental or physical condition which may affect the safe possession of firearms or shotguns

As you will see, ADHD is not specifically mentioned but the field has been left wide open by the last item on the list.

C. The Home Office guidance says that the fact that the applicant has received treatment in the past for certain illnesses or conditions, such as depression or stress, does not make them automatically unsuitable to possess firearms but it is a factor to be considered along with all other evidence relating to their character and history. In such cases the police must take account of the latest medical opinion and pay particular attention to whether the condition is likely to recur.

The question here is how this latter restriction will impact someone with ADHD who may have experienced anxiety, depression or stress in the past and may indeed have a future bout particularly given the current poor provision of knowledgeable and relevant psychological services. In fact that could apply to anyone.

D. According to the Home Office's guidance, the police upon receipt of the report may reach their own conclusions as to whether or not the applicant is fit to have a certificate based upon their own knowledge and experience or they make take advice from a police medical officer or an independent medical practitioner in cases where the medical information

provided is difficult to understand or its significance in terms of the possession of a certificate is unclear.

E. The British Medical Association (BMA) have written guidance for GP's that suggests how they can respond to the request for medical reports and also provides sample letters that GP's can use but unfortunately the second sample letter gives GP's the option to refuse to provide a report because it seeks an opinion on matters falling outside their medical expertise "namely assessment of behavioural and personality disorders."

The Home Office does say, on page 262 in Appendix 11 of the Guide, that if a GP does not want to provide a report based upon conscientious objection or for any other reason (such as a behavioural disorder), then the GP should refer the applicant to a colleague but note the use of the word "should" rather than "must" because if the GP does not want to write a report for someone with a "behavioural" condition then that GP is not specifically required by law to refer that person to a colleague who would have the expertise. A negative response from a GP in these instances may likely make it harder for the police to justify issuing or renewing a certificate even if the applicant is actually suitable. So our recommendation in this instance is that people ask their GP to refer the matter to another medical professional with expertise in ADHD.

3. ADHD & Pilot Licensing:

We have been asked if someone with ADHD can get a pilot's license and we've also been asked if taking medication for ADHD affects the likelihood of keeping a license.

The following is what the Civil Aviation Authority says about ADHD:

This condition is diagnosed (according to DSM-IV) when an individual demonstrates inattention, hyperactivity or impulsiveness sufficient to cause significant impairment in social, school or work functioning. The impairment should have appeared before the age of seven years for the diagnosis to be made and may improve with age.

Therefore, anyone applying for pilot licensing who has been diagnosed with this condition must undergo neuropsychological assessment to assess the likelihood of them being able to perform safely as a pilot. An individual with ongoing ADHD will not (by definition) be able to complete pilot training. Medication used for this disorder is normally disqualifying.

From that it seems that if an individual's symptoms have abated enough (or they've learnt how to control and/or compensate for symptoms) then they may be able to get a pilot license depending upon the outcome of the neuropsychological assessment. Under most circumstances they will be disqualified if they take medication for ADHD.

ADHD and mental health

Attention deficit hyperactivity disorder (ADHD) can be a lifelong condition. You might start to experience symptoms in childhood and find that they continue into your teenage years and as an adult.

We know that if you have ADHD you're more likely to experience a mental health problem. There's evidence that anxiety, depression, conduct disorder (persistent patterns of antisocial, aggressive or defiant behaviour), substance abuse, and sleep problems are all more common with people who have ADHD.

What is ADHD like?

If you experience ADHD, you might find that you:

- have difficulty concentrating
- tend to fidget
- are forgetful
- sometimes make impulsive decisions.

This isn't a complete list of all symptoms, but they are some of the symptoms which are also common in [mental health problems](#).

Lots of the main symptoms of ADHD are things that impact your behaviour, mood, and thinking. So you might be misdiagnosed with a mental health problem like [depression](#), [anxiety](#), [obsessive-compulsive disorder](#), or a [personality disorder](#).

Information and support

When you're living with a mental health problem, or supporting someone who is, having access to the right information is vital.

Contact Mind- we're here for you

If you need non-urgent information about mental health support and services that may be available to you:

Southampton Mind

- **Tel:** 023 82027810
- **Email:** info@solentmind.org.uk
- **Address:** Solent Mind, 15-16 The Avenue, Southampton, SO17 1XF

Diet and exercise- ADHD

As with many conditions, a good diet and regular exercise is advisable with ADHD. But this does not mean you need to stop enjoying your favourite foods or undertake a strenuous exercise regime!

What works for one person might not work for another, so this is all about seeing what fits you and finding a healthy, happy balance.

Diet

Some foods that may affect your symptoms:

Experts say that whatever is good for the brain is likely to be good for ADHD. You may want to eat:

- **A high-protein diet.** Beans, cheese, eggs, meat, and nuts can be good sources of protein. Eat these kinds of foods in the morning and for after-school/work snacks. It may improve concentration and possibly make ADHD medications work longer.
- **More complex carbohydrates.** These are the good guys. Load up on vegetables and some fruits, including oranges, tangerines, pears, grapefruit, apples, and kiwi. Eat this type of food in the evening, and it may help you sleep.
- **More omega-3 fatty acids.** You can find these in tuna, salmon, and other cold-water white fish. Walnuts, Brazil nuts, and olive and canola oils are other foods with these in them. You could also take an omega-3 fatty acid supplement..

Children

Avoid Candy/sweets on a Diet for ADHD: With the high content of sugar and artificial colouring, candy is a huge contributor to ADHD.

Sodas, Caffeine, and High-Fructose Corn Syrup Cause ADHD Symptoms: Excessive sugar and caffeine intake both cause symptoms of hyperactivity and easy distractibility,

Frozen Fruits and Vegetables May Exacerbate ADHD Symptoms: Although fruits and vegetables are healthy choices for an ADHD diet, some frozen brands contain artificial colours, so check all labels carefully. Barnhill says some frozen foods can exacerbate ADHD symptoms for another reason: "Foods treated with organophosphates for insect control have been shown to cause neurologic-based behavioural problems that mimic ADHD and many other behaviour problems."

Mix Cake Mixes and Frostings on a Diet for ADHD: Cake mix and frosting contain the high amounts of sugar and artificial colours that can lead to hyperactivity and other ADHD symptoms.

Caffeinated drinks

Tea, coffee, energy drinks – as caffeine is a stimulant, some people find that it worsens certain symptoms.

Alcohol

You need to check the information leaflet if you are taking medication, as some medications may interact with alcohol.

Omega-3

There is some research to suggest that this can be beneficial for people with ADHD in improving symptoms. This can be found in oily fish, some nuts and seeds and certain oils such as flaxseed. Alternatively, there are over-the-counter supplements available. Please check the patient information leaflet if you are taking medication.

Sugar

Excessive amounts of sugary food or drink can cause energy levels to go up and down very quickly which may affect some symptoms.

Exercise

Exercise helps to release certain neurotransmitters (the chemicals in your brain) such as serotonin and dopamine, as well as endorphins. These all positively affect mood and are beneficial to brain function.

Extra sources to gain support-ADHD

YouTube

If you search YouTube, there is a huge amount of information on ADHD.

There are lots of videos created by people who have ADHD, including TEDx Talks by adults who share their experiences and success stories of using ADHD to their advantage.

Podcasts

Hacking Your ADHD- by William Curb

<https://www.hackingyouradhd.com/>

I Have ADHD Podcast- by Kirsty Carder

<https://podcasts.apple.com/gb/podcast/i-have-adhd-podcast/id1446874607>

ADHD Experts Podcast- by Attitude

<https://podcasts.apple.com/gb/podcast/adhd-experts-podcast/id668174671>

ADHD rewired- by Eric Tivers

<https://www.adhdrewired.com/podcast/>

These are just a few of the podcasts available, and if you search on any app such as Spotify, Apple Podcasts or Google Podcasts you will find one that suits you.

Financial support- ADHD

There are benefits available which you may qualify for, however a diagnosis of ADHD by itself does not automatically entitle you to receive them.

Personal Independence Payment (PIP), which was previously known as Disability Living Allowance (DLA), applies for adults aged 16-24 years old.

There are other eligibility criteria which can be accessed at <https://www.gov.uk/pip>

It will involve an assessment by an independent healthcare professional, who has not met you before and does not work for the ADHD service.

If you qualify, PIP is paid every 4 weeks directly into a bank account. You can apply by phone or post, and details can be found on the above website.

If you need help filling in the form, Citizen's Advice can help or SARC. (SARC for people who are Southampton City Residents postcodes SO14-SO19)

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/pip/help-with-your-claim/fill-in-form-pip/>

<https://www.sarc.org.uk/>

INFORMATION, ADVICE & SUPPORT

Websites, Apps and Helpline

A website for children, young people and their carers, providing education and tools to manage ADHD

- <https://www.adders.org.uk>

CBT self help and therapy resources including worksheets and information sheets

- <https://www.getselfhelp.co.uk/freedownloads2.htm>

Wessex resources for parents and healthcare professionals

- <https://what0-18.nhs.uk/popular-topics/mental-health-and-wellbeing/attention-deficit-hyperactivity-disorder-adhd>

Reading Well supports you to understand and manage your health and wellbeing using helpful reading

- <https://reading-well.org.uk/>

Young Minds is a national charity supporting children and young people's mental health. Information on different conditions as well as ideas on how to look after your mental health

- <https://youngminds.org.uk/>

- <https://youngminds.org.uk/find-help/>

- <https://www.nhs.uk/apps-library/category/mental-health/>

Self care suggestions from young people

- <https://www.annafreud.org/on-my-mind/self-care/>

Direct Support

GP's

School Emotional Literacy Support Assistants (ELSA's) or School Pastoral Support Teams – speak with your School or

College

Southampton Healthy Ambitions Service – Public Health Nurses

- <https://what0-18.nhs.uk/solent/school-nursing>
Southampton Healthy Ambitions Service – Emotional Health and Wellbeing (EHWB) Workers (11-19 yrs Term Time only) –
referral via school support teams or contact No Limits to self-refer:
- [https://nolimitshelp.org.uk/get-help/southampton-healthy-ambition-sha/](https://nolimitshelp.org.uk/get-help/southampton-healthy-ambition-sha/Education%20Psychology)
Education Psychology (referral via school)
- <https://www.southampton.gov.uk/schools-learning/support-education/education-psychology.aspx>
Parent/Carer Support
Re:Minds is a parent led support group for parents and carers of children and young people with autism and/or mental health difficulties.
- <https://www.reminds.org.uk/>
Young Minds Parent Helpline
- 0808 802 5544
Southampton Parent Carer Forum
- <https://www.sotonpcf.org.uk/>
MindEd is a free educational resource on children and young people's mental health for all adults
- <https://www.minded.org.uk/>

Online Resources

Helpful Resources for Children, Young People & Adults with ADHD

Websites, organisations, services, information, products and social networking sites dedicated to ADHD on the Internet.

ADHD Voices

www.adhdvoices.com

A research project that encourages children and young people to talk about their experience of ADHD and medication.

ADHD Foundation

www.adhdfoundation.org.uk

The ADHD Foundation provides services to ADHD sufferers and their families in that area. Their website has a lot of information on ADHD, including a very detailed FAQ.

LeanneSIHM

<https://leannesihm.wordpress.com/>

Not an organisation but a blog – a blog by the mother of a young girl with ADHD. Very interesting reading about someone else's experiences!

ADHD Pages

www.adhd.org.uk

An introduction to the ADHD Pages available on the "Hi2u 4 people with hidden impairments" website.

This website is centred around ADHD, Asperger's Syndrome, Dyslexia and similar "hidden" neurological differences along with any other type of hidden impairment.

Adders.org

www.adders.org

This site aims to promote awareness of ADHD and provide information and practical advice to sufferers and their families in the UK and around the world.

The site contains lots of information, downloadable resources and a comprehensive list of local support groups.

Very Well Mind

<https://www.verywellmind.com/>.

Very Well Mind provides health and wellness information by health professionals.

Whether you are looking for ways to better manage stress, understand a condition like ADHD, or learn more about why we dream, get the guidance you need to be healthy and happy.

ADDA

www.add.org/

ADDA is a source for information and resources exclusively for and about adult ADHD.

ADDA brings together scientific perspectives and the human experience to generate hope, awareness, empowerment and connections worldwide in the field of ADHD

UK ADHD Partnership

www.ukadhd.com

The UK ADHD Partnership is a group of mental health and allied who want to improve outcomes for children with ADHD. However, their website has lots of useful information and a list of local support groups.



Please be aware we keep all of our meetings are for adults only, unless specified.

All groups and refreshments are free

Shirley Groups take place upstairs in Room 7 at St James Road Methodist Church, St James Road, Shirley, Southampton, SO155HE. The Woolston groups are in the hall behind St Patricks Church, Portsmouth Road, Woolston.

Re:Minds is a Southampton based organisation supporting families whose children/young people have Autism, ADHD or other neurodiverse needs and/or mental health needs - with or without a diagnosis. Our aim is to allow people whose children face similar issues to meet up in an informal setting to share knowledge and talk about any challenges our families are facing. We don't claim to be experts, just other families who understand what it can feel like to be on this journey.

We are the primary link between families and Southampton Specialist CAMHS and offer speakers on a range of topics and regular advice clinics for children's mental health, Autism, ADHD, SEND Legal Advice and adult mental health.

The group is open to any family member, you don't have to live in Southampton or have a diagnosis to be able to come along. We do ask you not to bring children to the groups, unless specified, as we believe it is important for adults to have a safe space to express their feelings. We really hope you will come along and join us because sometimes just talking to other people can make a real difference!

Support Group Meetings

These meetings are an opportunity to chat with other families in similar situations over a cuppa!! It is a good place to ask for advice about anything that is worrying you, with the group or on a 1:1 basis. There is never any pressure to talk, it's fine to just sit and listen. We have meetings in Woolston and Shirley - check the dates section for more details.

Evening Pop In Meetings

Evening meetings give people who have commitments during the day time, an opportunity to come along, chat to other parent/carers and seek advice from us. This group takes place in Shirley.

Family Group

This is support group for anyone who wants to chat to other people in similar situations. Children are able to attend this meeting, but are the responsibility of their parents. Family group meetings take place in Shirley and Woolston and parents/carers are welcome to come along without their children if they prefer!

Crisis Care Group

This is a new group for 2022 and is open to anyone who feels they are in crisis. At this group we offer 1:1 advice and support around crisis care as well as linking with the new Keyworkers project. There is also a chance to speak to other families in similar situations.

Speaker Meetings & Workshops

We have speakers from CAMHS and other services talking about topics relevant to our families. Each speaker decides how to give their presentation and there is always an opportunity to ask questions. Each video is shared to our YouTube channel - www.youtube.com/remindscic

We also link with CAMHS and other services to run workshops for families where they can learn practical strategies to support their children. Please see the dates section for more information

Advice Clinics

We have regular advice clinics with Southampton CAMHS and Adult Mental Health and Shenton's Solicitors

- CAMHS Mental Health Advice
- Autism Advice
- ADHD Advice
- Adult Mental Health Advice - for parents or young people aged 18+
- SEND Legal Advice Clinic - a free 30 minute appointment with Shenton's Solicitors for SEND advice.
- Crisis Care Advice Clinic - one of the Re:Minds team can offer support and advice for those in crisis

These clinics are open to any member of Re:Minds and you are able to book a 10-20 minute private appointment to seek advice from a clinician.

For more details contact info@reminds.org.uk

WAYS TO BE PART OF RE:MINDS

A PARENT-LED SUPPORT ORGANISATION FOR FAMILIES WHOSE CHILDREN HAVE
AUTISM, ADHD &/OR MENTAL HEALTH ISSUES

Website

We have up to date news, speaker information, newsletters, groups, courses and advice. Everything you need to be part of the group.
www.reminds.org.uk

Facebook

We have large private Facebook groups for peer support for families and up to date information about our work.
www.facebook.com/groups/reminds

Twitter

We share regular updates for speakers on our Twitter page
[@RemindsSoton](https://twitter.com/RemindsSoton)

Newsletter

We publish a monthly newsletter about what we have been doing. This goes out to professionals and is also on our website, let us know if you want to be added to our mailing list by emailing
info@reminds.org.uk.

You Tube

We share all our speaker meetings to our YouTube account so nobody misses out. The videos offer a wealth of advice and strategies from CAMHS and other services on autism, ADHD, anxiety, emotional regulation and much more. Find us at
YouTube.com/remindsCIC

Email

If social media isn't your thing, we keep in touch with lots of families via email. You can contact us on
info@reminds.org.uk



Solent Mind Support Line

Our experienced advisors will offer you support and ideas to help you to cope if you:

- are feeling anxious or low and want to talk to someone
- would like practical guidance on how to stay well at home
- want specific support such as benefit or bereavement services, or;
- are caring for someone else and would like support.

Our help is available to everyone and you do not need to be receiving any other kind of mental health support to be able to call us.

Our Support Line is not a counselling or therapy service, but our wellbeing experts will be able to listen to you and offer bitesize support, information and signposting.

Contact details & opening hours

[023 8017 9049](tel:02380179049)

Weekdays: 9am-7pm

Weekends: 10am-2pm

Solent Peer Support Groups

Peer Support is an opportunity for people to use their own experiences to help each other.

Through friendly, informal groups, participants can learn together, support each other and give each other hope. From rock climbing to photography or just simply a tea and a chat, we create spaces where everyone feels safe, accepted and understood.

The groups are run by people who have experienced their own mental health problems, which means everyone can mutually support each other whilst all views and experiences are equally valued.

Our peer support groups are funded by Southampton Integrated Commissioning Group and Mind.

Who is it for?

Peer Support is for anyone who feels that connecting with others could help their emotional health. You do not need to have a diagnosed mental health issue and you do not need to be accessing other kinds of wellbeing support to join us. Just simply pop along to a group of your choice without any referrals.

We understand coming along to a group or activity for the first time can be difficult, so if you would like to talk to someone or meet up with one of our team first, we're happy to help.

Contact Details & Opening Hours

The dates and timings of our groups can be found below. You can contact us with enquires during the following times:

Monday: 9am - 5pm

Tuesday: 9am - 5pm

Wednesday: 9am - 5pm

Thursday: 9am - 5pm

Friday: 9am - 4.30pm

Saturday: Closed

Sunday: Closed

T: Text 'Peer Support to [074 5127 6010](tel:07451276010) and we will call or text you back.

E: sidebyside@solentmind.org.uk

Websites, Apps and Helplines

- www.addiss.co.uk – The National Attention Deficit Disorder Information and Support Service. A website that provides information and resources
- www.southamptonsendiass.info – SENDIASS aims to empower children and young people with special educational needs/disabilities and their parents/carers to make informed decisions about education, health and social care.
- New Forest Parenting Program on facebook @NFPPgroup
- Stop breathe and think app –mindfulness and meditation app that helps children develop focus, calmer emotions and can help with sleep.
- Kids to do list app – for help to visualise and break tasks/daily routines down into manageable goals
- Remember the milk app -helpful for both parents and teens who have difficulty with executive functioning issues such as goal-setting, prioritizing, time management and/or organization.
- Blue ice app –helpful strategies for managing emotions and harmful behaviours
- Calm – Meditate, Sleep, Relax app contains sleep stories, skills for meditation and music to help with relaxation.
- www.themix.org.uk - If you're under 25 you can talk to The Mix for free on the phone, by email or on their web chat. You can also use their phone counseling service, or get more information on support services you might need. Free phone: 0808 808 4994 (1pm - 11pm daily)



Welcome to ADDISS, The National **A**ttention **D**eficit **D**isorder Information and Support **S**ervice.

We provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help.

This website contains just a fraction of the information that we have on ADHD. If you would like to know more. <http://www.addiss.co.uk/>



If you would like to talk to someone about ADHD, telephone us on 020 8952 2800, or you can send us an email to info@addiss.co.uk if you have any questions or need more information about anything you see on this site.

[HYPERLINK "http://www.adhdeurope.eu"](http://www.adhdeurope.eu) ADDISS is a proud member of ADHD Europe, an organisation founded to advance the rights of, and advocate on every level throughout Europe for people affected by AD/HD and co-morbid conditions in order to help them reach their full potential.



Welcome to ADHD UK

ADHD UK has been created by people with ADHD for people with ADHD.

What is ADHD

ADHD is a mental health condition that is defined through analysis of behaviour. People with ADHD show a persistent pattern of inattention and/or hyperactivity–impulsivity that interferes with day-to-day functioning and/or development

For more information support from ADHD UK go to the following website.

<https://adhduk.co.uk/>