**Dr Mo Zoha MRCPsych**

**Consultant Psychiatrist**

Appointments:

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**Resources for Attention Deficit Hyperactivity Disorder (ADHD / ADD)**

**Websites / Articles with useful / reliable information:**

* Royal College of Psychiatrists website:

[ADHD in adults | Royal College of Psychiatrists (rcpsych.ac.uk)](https://www.rcpsych.ac.uk/mental-health/problems-disorders/adhd-in-adults)

* For helpful information on medication and side effects:

[DrZoha Home (choiceandmedication.org)](https://www.choiceandmedication.org/drzoha/)

* The National Attention Deficit Disorder Information and Support Service (UK) which includes adult ADHD book titles:

http://www.addiss.co.uk

* AADD-UK for people with Adult ADHD (UK):

<https://aadduk.org/>

* Attention Deficit Disorder Association (USA/International):

<https://add.org/>

* Children and Adults with ADHD (USA/International):

<https://chadd.org/>

* Article on how obtaining a diagnosis can be helpful:

<https://www.thetimes.co.uk/article/i-was-diagnosed-with-adhd-at-47-i-cried-from-relief-scbcmzf2b>

**Books:**

* "Delivered from Distraction: Getting the Most Out of Life with Attention Deficit Disorder" by Drs Hallowell & Ratey.
* “Taking Charge of Adult ADHD" by Dr Barkley.
* "T he Gift of Adult ADD: How to Transform Your Challenges and Build on Your Strengths" by Lara Honas-Webb.
* “Scattered Minds: The Origins and Healing of Attention Deficit Disorder” by Dr Gabor Mate.