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## ADHD RESOURCE GUIDE

The ADHDe Project

The University of Windsor

Office of Human Rights, Equity, and Accessibility

## The ADHDe Project Resource Guide

Please note that this guide will be updated regularly with new resources. If you have the link to a new resource that is not currently in the guide, please feel free to send it to us via email at [adhdeproject@uwindsor.ca](mailto:adhdeproject@uwindsor.ca). For more information about The ADHDe Project, please visit our [website](#).

### General Information about ADHD:

Resource/organization	Website	Description
Center for ADHD Awareness, Canada	<a href="https://caddac.ca/">https://caddac.ca/</a>	Canadian charity providing resources and support for people with ADHD.
Canadian ADHD Resource Alliance	<a href="https://www.caddra.ca/">https://www.caddra.ca/</a>	Not for profit organization for medical, research, and healthcare professionals with an interest in ADHD.
ADDitude	<a href="https://www.additudemag.com/">https://www.additudemag.com/</a>	Magazine that publishes articles about ADHD.
ADHD Awareness Month Organization	<a href="https://www.adhdawarenessmonth.org/">https://www.adhdawarenessmonth.org/</a>	Official organizers of ADHD Awareness Month
General ADHD Resource List	<a href="https://www.coulditbeadhd.ca/adhd-resources">https://www.coulditbeadhd.ca/adhd-resources</a>	“Could it be ADHD” general resource list.
Talking About ADHD guide	<a href="https://www.caddra.ca/wp-content/uploads/Copy-of-ADHD-Language-Guide-Infographic_DEC2021_CADDRA.pdf">https://www.caddra.ca/wp-content/uploads/Copy-of-ADHD-Language-Guide-Infographic_DEC2021_CADDRA.pdf</a>	CADDRA infographic. Provides info on how to discuss ADHD.

## For Students:

Resource/organization	How to access	Description
EduMed	<a href="https://www.edumed.org/resources/college-students-with-adhd/">https://www.edumed.org/resources/college-students-with-adhd/</a>	Resources for college students with ADHD
The Best Schools Article	<a href="https://thebestschools.org/resources/10-study-tips-add-adhd-students/">https://thebestschools.org/resources/10-study-tips-add-adhd-students/</a>	10 study tips for student with ADHD
University of Manitoba Student Wellness Blog Post	<a href="https://healthyuofm.com/intersectionality-my-thoughts-as-a-female-student-recently-diagnosed-with-adhd/">Intersectionality: My Thoughts As A Female Student Recently Diagnosed With ADHD (healthyuofm.com)</a>	Female post-secondary student with ADHD reflects on her recent diagnosis.

## University of Windsor Resources:

Resource/organization	How to access	Description
The ADHDe Project	<a href="https://www.uwindsor.ca/ohrea/212/adhde-project">https://www.uwindsor.ca/ohrea/212/adhde-project</a>	University of Windsor initiative created to destigmatize ADHD on campus.
Office of Human Rights, Equity, and Accessibility	<a href="https://www.uwindsor.ca/ohrea/15/about-ohrea">https://www.uwindsor.ca/ohrea/15/about-ohrea</a>	UWindsor service
Student Accessibility Services	<a href="https://www.uwindsor.ca/studentaccessibility/">https://www.uwindsor.ca/studentaccessibility/</a>	UWindsor student service
Student Counselling Center	<a href="https://www.uwindsor.ca/wellness/304/counselling">https://www.uwindsor.ca/wellness/304/counselling</a>	UWindsor student service
Student Health Services	<a href="https://www.uwindsor.ca/wellness/327/health-services">https://www.uwindsor.ca/wellness/327/health-services</a>	UWindsor student service

Executive Functioning Group	<a href="https://www.uwindsor.ca/wellness/311/groups">https://www.uwindsor.ca/wellness/311/groups</a>	Campus group that supports students with ADHD
ADHD Coach	<a href="https://www.uwindsor.ca/studentaccessibility/297/student-information">https://www.uwindsor.ca/studentaccessibility/297/student-information</a>	Campus ADHD coach

#### Mental Health Resources:

Resource/organization	How to access	Description
Canadian Mental Health Association, Ontario	<a href="https://ontario.cmha.ca/provincial-mental-health-supports/">https://ontario.cmha.ca/provincial-mental-health-supports/</a>	Canadian help lines, mental health resources, and Covid-19 related resources.
Bounce Back Ontario	<a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a>	Free, self-guided skill building program for those age 15+.

#### Tips for managing ADHD:

Resource/organization	How to access	Description
Time Management Fact Sheet	<a href="https://chadd.org/wp-content/uploads/2018/05/Time-Management-ADHD-Day-Planners.pdf">https://chadd.org/wp-content/uploads/2018/05/Time-Management-ADHD-Day-Planners.pdf</a>	Information sheet with tips on how to use a daily planner. Created by CHADD.
Attention Deficit Disorder Alliance Resource Page	<a href="https://add.org/start/adda-resources/">https://add.org/start/adda-resources/</a>	Tips, free courses, articles etc. on ADHD management for adults

#### Resources for Queer individuals, BI-POC, and Women with ADHD:

Resource/organization	How to access	Description
Kaleidoscope Society	<a href="https://www.kaleidoscopesociety.com/">https://www.kaleidoscopesociety.com/</a>	Online community that supports and empowers women with ADHD. Website has articles, resources, interviews, etc.

Adulting With ADHD	<a href="https://adultingwithadhd.com/adhd-in-women/">https://adultingwithadhd.com/adhd-in-women/</a>	Podcast about ADHD and women
Kaiser Health News Article	<a href="https://khn.org/news/article/black-women-adhd-attention-deficit-hyperactivity-disorder-underdiagnosed/amp/">https://khn.org/news/article/black-women-adhd-attention-deficit-hyperactivity-disorder-underdiagnosed/amp/</a>	Article about Black women with ADHD
The Children Left Behind, ADDitude Article	<a href="https://www.additudemag.com/race-and-adhd-how-people-of-color-get-left-behind/">Race and ADHD: How People of Color Get Left Behind (additudemag.com)</a>	Article about children with ADHD going undiagnosed due to their race or ethnicity.
Culturally Competent Approaches to ADHD, Psychiatric Times article	<a href="https://www.psychiatrytimes.com/culturally-competent-approaches-to-adhd-issues-in-african-american-populations/">Culturally Competent Approaches to ADHD: Issues in African-American Populations (psychiatrictimes.com)</a>	Medical article about the intersection of ADHD and African American identity.

#### Telemedical Resources:

Resource/organization	How to access	Description
CADDRA	<a href="https://www.caddra.ca/telemedicine-resources/">https://www.caddra.ca/telemedicine-resources/</a>	National and International Telemedicine resource list

#### Videos Resources:

Resource/organization	How to access	Description
ADHD Support Talk YouTube Chanel	<a href="#">(103) ADHD Support Talk - YouTube</a>	YouTube videos dedicated to supporting and educating people with ADHD.
How To ADHD YouTube Chanel	<a href="#">(103) How to ADHD - YouTube</a>	YouTube Videos for people with ADHD. "Tips, tricks and insights into the ADHD brain".
The ADHDdiaries YouTube Chanel	<a href="#">(103) Rachel Grit - The ADHDdiaries - YouTube</a>	Business owner vlog style videos about living with ADHD.

Recognizing ADHD in Adults Ted Talk	<a href="#">(103) Recognizing ADHD in Adults   Heather Brannon   TEDxHeritageGreen - YouTube</a>	Ted Talk about understanding and identifying ADHD in adults
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