



Additional ADHD Resources

Contents:

ADHD in Women

LGBTIQ+ and Mental Health

Racism and Mental Health

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ADHD in Women



Video



Article



Charity/Service



Visual

ADHD was previously viewed as a condition that was more common in men and boys. Boys and men are still more likely to be diagnosed with ADHD. It is thought that this is as girls and women are more likely to be overlooked or misdiagnosed. Girls and women are also more likely to present differently to boys and men, for example often having more inattentive traits rather than hyperactivity traits.

This article discusses traits of ADHD in women: *(7 minutes)*



<https://www.verywellmind.com/add-symptoms-in-women-20394>

This article is written by a woman with ADHD, who talks about her experiences: *(3 minutes)*

<https://www.adhdfoundation.org.uk/wp-content/uploads/2022/05/ADHD-and-Mental-Health-My-Story-Julia-Hardman.pdf>



An article about ADHD traits in women, written by a woman with ADHD: *(7 minutes)*



<https://www.adhdfoundation.org.uk/2022/03/22/why-talk-about-females-and-adhd/>



LGBTIQ+ and Mental Health

People who identify as LGBTIQ+ can be more likely to experience mental health difficulties. This is not due to being LGBTIQ+ but is instead thought to be due to a number of factors including stigma, isolation and homophobia. Below are some resources that provide further information:

Resource about LGBTIQ+ and mental health: *(3-minute read, 5 minute video)*

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiq-mental-health/about-lgbtiq-mental-health/>



The below link has further information about support for LGBTIQ+ mental health: *(10 minutes)*

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiq-mental-health/lgbtiq-mental-health-support/>



Click below to find Mind's page about LGBTIQ+ and support contacts: *(5 minutes)*

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiq-mental-health/useful-contacts/>





Racism and Mental Health

Experiencing racism can increase the likelihood of developing mental health difficulties. The resources below provide further information and resources:

The below resource has information about racism and the impacts of this on mental health. The webpage also includes people talking about their own experiences of this: *(20-minute read, 5-minute video, 2-minute video)*

<https://www.mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/>



The below link includes useful contacts including: mental health support, support with experiences of discrimination and hate crimes and campaigning organisations: *(7 minutes)*

<https://www.mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/useful-contacts/>



Note: All resources mentioned in this pack are for information only and not an endorsement. Although we try to keep information up to date we cannot guarantee this particularly regarding webpages.