



ADHD Wellbeing Resource Pack

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ADHD and Mental Health

People with ADHD are more likely than people without ADHD to experience mental health difficulties, including anxiety and depression. If ADHD is undiagnosed for many years, this can also sometimes have an impact on people's self-esteem and confidence.



Video



Article



Charity/Service



Visual

Follow the link below to read about anxiety and ADHD. The article was written by somebody who has ADHD: *(6 minutes)*

<https://www.understood.org/en/community-events/blogs/the-inside-track/2016/05/19/my-anxiety-and-adhd-hiding-behind-a-perfect-veneer>



The webpage below, developed by the charity Mind, has information about ADHD and mental health. It also has links to additional resources: *(5 minutes)*

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



Young Minds provides an overview of ADHD and mental health. It also includes strategies specifically related to ADHD and mental health: *(5 minutes)*



<https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health#ADHDandyourmentalhealth>



Mental Health Crisis Information

It is important to seek professional advice if you are concerned about your mental health and ability to stay safe:

NHS Urgent Help Overview:

<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>



SHOUT :

<https://giveusashout.org/>



Samaritans:

<https://www.samaritans.org/>



Local Crisis Team:

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



You can also visit your GP if you are concerned about your mental health.



Strategies for Mental Wellbeing

Everyone is different and everyone will find different strategies helpful to improve their wellbeing. There are lots of different techniques that can be used to manage wellbeing.

Including:

Exercise

Learning New Skills

Helping Others

Connecting with Other
People

Mindfulness



Additional Resources to learn more:

The below NHS webpage provides more details on the 5 steps to mental wellbeing: *(5 minutes)*

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>



Everymind matters also has a variety of resources including a plan to improve your mood, sleep and feel more in control. It also has self-help CBT techniques: *(5-minute read, 30-second video)*

<https://www.nhs.uk/every-mind-matters/>





Mindfulness

Research suggests that mindfulness can have many positive effects on our mental wellbeing, including reducing stress, anxiety and improving low mood.

Mindfulness is an activity that can be completed in many different ways:

Breathing techniques:

Mindful Breathing Exercises – Every Mind Matters: *(2 minutes)* [https://](https://www.youtube.com/watch?app=desktop&v=wfDTp2GogaQ)

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Mindfulness can feel overwhelming or as if it will take up lots of time, but mindfulness can be done for short periods of time too!

Below is a short mindfulness video: *(2 minutes)*

https://www.youtube.com/watch?v=EfubAj5f_rM





Physical Wellbeing

Smoking and Weight:

People with ADHD are more likely to experience difficulties with eating and smoking.

Below is an NHS resource about smoking cessation and weight loss: *(multiple articles)*

<https://www.nhs.uk/live-well/healthy-body/>



More information on eating disorders: *(multiple articles)*

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>



The below page has further information aimed at improving health, including exercise, smoking and drinking less alcohol: *(multiple articles)*

<https://www.nhs.uk/better-health/>



Exercise:

Exercise not only has benefits for mental health but also is beneficial for physical health, including reducing risk of developing serious physical illness. The NHS resource below has information about the benefits of exercise and guidelines for the suggested amount of exercise: *(multiple articles)*

<https://www.nhs.uk/live-well/exercise/>





Addiction

People with ADHD can be more likely to develop addictions than people without ADHD. If this is something that you experience, you can discuss this with your GP and they can signpost you to the appropriate agencies for further support. There are lots of different types of addictions, below are resources for some of the most common:

Changing Lives are a dedicated drug and alcohol service who offer tailored support across Northumberland, Tyneside and Wear and York. More information is available on their website. You can directly refer to this service using the number listed on their website.

<https://www.changing-lives.org.uk/services/drug-alcohol/>



More information is also available on the City of York Council website for drug and alcohol addictions which can be accessed here:



<https://www.york.gov.uk/AlcoholAndDrugsHelp>

The below NHS page has information about gambling addictions and links to services that can help with gambling addictions:

<https://www.nhs.uk/live-well/addiction-support/gambling-addiction/>



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.