

Resources

Books

ADHD 2.0 by Edward M. Hallowell and John J. Ratey, John Murray Press, 2023

ADHD: An A–Z by Leanne Maskell, Jessica Kingsley Publishers, 2022

ADHD Girls to Women: Getting on the Radar by Lotta Borg Skoglund, Jessica Kingsley Publishers, 2023

Better Late Than Never by Emma Mahony, Welbeck Publishing Group Limited, 2021

Dirty Laundry by Richard Pink and Roxanne Emery, Vintage Publishing, 2023

Earthed by Rebecca Schiller, Elliott & Thompson Ltd, 2021

Laziness Does Not Exist by Devon Price, Atria Books, 2021

Scatter Brain by Shaparak Khorsandi, Ebury Publishing, 2023

Understanding ADHD in Girls & Women by Joanne Steer, Jessica Kingsley Publishers, 2021

Unmasked by Ellie Middleton, Penguin Lite, 2023

Podcasts

ADHD As Females

ADHD Experts – If you only listen to one podcast, make it this one. Skip the first five minutes of introductory throat-clearing.

ADHD for Smart Ass Women

I Have ADHD

Is It My ADHD?

Life with Lost Keys

International organisations, support groups and communities

ADDA (add.org/adda-virtual-programs); ADDers (adders.org.uk) – both feature support groups listed by identity and country

ADDitude (additudemag.com) – articles, podcasts and twenty-five years of content from this quarterly magazine, available digitally to international subscribers

ADHD Babes (adhdbabes.com)

ADHD for Smart Ass Women (<https://www.facebook.com/groups/1541724249266515/>)

NeuroQueer (neuroqueer.org)

Reddit (reddit.com) has excellent country- and identity-specific ADHD communities

Sistas With ADHD (sistaswithadhd.com)

Channels and content creators

ADHD Alien (Pina Varnel)

ADHD Jesse (Jesse Anderson)

ADHD Love (Richard Pink and Roxanne Emery)

Adulthood ADHD (Rach Idowu)

Black Girl, Lost Keys (René Brooks)

Brave Dave (David Frank)

Connor DeWolfe

Dani Donovan

Geraint Works (Geraint Evans)

How To ADHD (Jessica McCabe)

The Mini ADHD Coach (Alice Gendron)

Struggle Care/Domestic Blisters (KC Davis)

Documentaries

The Disruptors (2022)

Free The Mind (2012)

ADHD traits in popular culture

TV:

30 Rock; Bluey; Bob's Burgers; Brooklyn 99; Buffy the Vampire Slayer; Community; Crazy Ex-Girlfriend; Doctor Who; Friends; Futurama; Gilmore Girls; House; How I Met Your Mother; I Love Lucy; Malcolm in the Middle; Marvel Rising: Secret Warriors; Miranda; Modern Family; Ms Marvel; New Amsterdam; New Girl; Parks and Recreation; Peep Show; Psych; Red Dwarf; Sailor Moon; Scrubs; Spaced; Steven Universe; Stranger Things; Teen Wolf; The Little House on the Prairie; The Office (US); The Simpsons; The Sopranos; The Wind in the Willows; Tuca and Bertie.

Film:

Ace Ventura: Pet Detective; Back to the Future; Deadpool; Everything Everywhere All at Once; Finding Nemo; Frozen; Iron Man; Julie & Julia; Mrs Doubtfire; So Damn Easy Going; The Peanut Butter Falcon; The Sound of Music; Thumbsucker; Uncut Gems; anything starring Jack Black.

Books:

Act Your Age, Eve Brown by Talia Hibbert; All The Feels by Olivia Dade; Anne of Green Gables by L. M. Montgomery; Armadale by Wilkie Collins; Blackbirds by Chuck Wendig; Bridget Jones's Diary by Helen Fielding; Calvin and Hobbes by Bill Watterson; Emily of New Moon by L. M. Montgomery; Hyperbole and a Half by Allie Brosh; Percy Jackson and the Olympians by Rick Riordan; Pippi Longstocking by Astrid Lindgren; Red, White & Royal Blue by Casey McQuiston; Scott Pilgrim's Precious Little Life by Bryan Lee O'Malley; The Complete Sherlock Holmes by Arthur Conan Doyle; Six of Crows by Leigh Bardugo, Joey Pigza Swallowed the Key by Jack Gantos; The Extraordinaries by T. J. Klune; The Hitchhiker's Guide to the Galaxy by Douglas Adams; The Stormlight Archives by Brandon Sanderson; The Wind in the Willows by Kenneth Grahame; Unsheltered by Barbara Kingsolver.