**ADHD Resources**

**Information and Support:**

**1.ADHD Ireland** - <https://adhdireland.ie/>

**2.UCC Neurodiversity Society**

https://www.ucc.ie/en/societies/allsocieties/

Email - neurodiversity@uccsocieties.ieUCC

**3. UCC Skills Centre**

https://www.ucc.ie/en/skillscentre/

Sessions – Time Management, Study Strategies, Note taking, Presentation Skills and others

1:1 and group sessions with tutors around planning and study skills etc.

**Private Options – assessment and diagnosis**

1.**List private providers of ADHD assessments** - <https://adhdireland.ie/adhd-irelands-list-of-clinicians/>

**2. GP ADHD clinic** Dun Laoghaire <https://adhddoc.ie/>

3. Dr Vicky Matthews – Clinical Psychology in Kinsale

https://www.westcorkpsychology.ie/

**Online Resources/interventions**

**1.HSE ADHD App**

<https://adhdireland.ie/adult-adhd-app/>

**2.UMAAP -Understanding and Managing Adult ADHD 6 week programme- FREE**

email : umaap@adhdireland.ie

UMAAP is a novel programme integrating psychoeducation with ACT (Acceptance and Commitment Therapy) to cultivate knowledge of ADHD, self-acceptance and self-compassion, and psychological flexibility in attendees, with the aim of improving their quality of lives. Across the 6 weeks, attendees will learn about neurodivergent brains, executive functioning, inattention and impulsivity, self-care and daily living, emotional regulation and self-acceptance. They will also be introduced to ACT concepts of values, acceptance, connecting to the present moment, committed action and defusion.

More info <https://adhdireland.ie/umaap/>

3.Podcast

[ADHD & How Anyone Can Improve Their Focus • Huberman Lab (spotify.com)](https://open.spotify.com/episode/4Ahg0IWnyDPpKwIrrogOis?si=019ef22c09494ffa&nd=1)

**Bibliotherapy – Book Recommendations**

“The **Power of Small**” – Aisling and Trish Leonard-Curtin

<https://www.mypowerofsmall.com/>

**“ADHD2.0”** – Dr Ed Hallowell

New Science and Essential strategies for Thriving with distraction – from Childhood through Adulthood

<https://www.amazon.co.uk/ADHD-2-0-Essential-Strategies-Distraction/dp/0399178732>

DBT options

For overlap with EUPD symptoms/traits

DBT Self Help is a free online Dialectical Behavioural Therapy Resource - incorporates mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness

<https://dbtselfhelp.com/>