

Autism and ADHD Resources

Organisations and services

Here is a list of organisations related to Autism –

[Scottish Autism](#)

[Different Minds](#)

[National Autistic Society](#)

Here is a list of organisations related to ADHD –

[Procrastination Station](#)

[The Scottish ADHD Coalition](#)

[Mental Health Foundation: ADHD](#)

[The ADHD Foundation](#)

[ADDISS](#)

[The UK adult ADHD network](#)

[The UK ADHD Partnership](#)

Information and Factsheets

These factsheets will help you better understand what Autism and ADHD are:

[Autism | NHS Inform](#)

[Autism and Mental Health Factsheet from Mind](#)

[Autism: SIGN clinical guideline](#)

[Attention deficit hyperactivity disorder \(ADHD\) | NHS inform](#)

[ADHD and Mental Health Factsheet from Mind](#)

General online support groups:

- AADD-UK online forum <http://aadduk.org/forum>
- UK Adult AD(H)D Network <http://www.ukaan.org/support-groups.htm>

Money Management & Impulsive Buying

- West Lothian Advice Shop www.westlothian.gov.uk/advice-shop Call: 01506 283 000
- Money Advice Service www.moneyadviceservice.org.uk Call: 0300 500 5000
- National Debtline www.nationaldebtline.org Call: 0808 808 4000

- **Money Saving Expert** www.moneysavingexpert.com
- **Turn2Us (benefit advice)** www.turn2us.org.uk
- **Citizens Advice** West Lothian Citizens Advice Bureau | Free, impartial and confidential advice 01506 432997
- **Benefits, financial support, tax credits** www.gov.uk/browse/benefits
- **Step Change** www.stepchange.org/debt-remedy

Anxiety & Mood Crisis/emergency contacts:

- **Breathing Space Free**, confidential phone and web-based service
www.breathingspacescotland.co.uk Call: 0800 83 85 87 Opening hours: Mon-Thurs 6pm – 2am, Fri 6pm – Mon 6am
- **Samaritans Confidential emotional support**, 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. You don't have to be suicidal to call us. We are here for you if you're worried about something feel upset or confused. Call: 08457 90 90 90 (24 hours a day)
www.samaritans.org.uk
- **NHS 24 Mental Health Hub Services** are available to everyone in Scotland, of all ages. The services we offer include listening, offering advice, and guiding you to further help if required. Phone 111 if you're feeling distressed, in a state of despair, suicidal or in need of emotional support. Mental health services at NHS 24 | NHS inform

Online Resources:

- **Moodjuice** CBT-based self-help booklets to print/download www.moodjuice.scot.nhs.uk
- **Living Life to the Full Online CBT course** www.lltf.com
- **West Space** West Lothian Online Mental Health Resource - Neurodiversity

Family support

- **Family Mediation Lothian** www.familymediationlothian.co.uk Call: 0131 226 4507
- **Relationships Scotland** www.relationships-scotland.org.uk Call: 0845 119 2020

Frustration & Anger Courses:

- Alternatives to Violence Project (3day courses on building self-esteem, communication methods and resolving conflicts) www.avpbritain.org.uk

Domestic violence and anger

If anger or frustration leads to violence, these organisations may be of help:

- **Respect** (confidential helpline for people with concerns about their own anger and for male victims of abuse) www.respect.uk.net Concerns about own anger helpline call: 0808 802 4040 (Mon-Fri, 9am-5pm) Male victims helpline call: 0808 801 0327 (Mon-Fri, 9am-5pm)
- **Women's Aid** (charity for women and children affected by domestic abuse) www.womensaid.org.uk Call: 0808 2000 247
- **ManKind Initiative** (for male victims of domestic violence) www.mankind.org.uk Call: 01823 334 244

Sleep

Sorted App [Sorted Mental Health](#)

Sleepio App www.sleepio.com/nhs

Sleep Council UK The Sleep Council Whether you're looking for information on choosing a mattress, buying a bed, or want tips for a better night's sleep. The Sleep Council promotes the benefits to health and wellbeing of a good night's sleep and the importance of buying a good bed. Call: 0800 018 7923 (leaflet line)
<http://www.sleepcouncil.org.uk/how-to-sleep>

Sleep Scotland A charity providing support to families of children and young people with additional support needs and severe sleep problems. Call: 0131 651 1392
<http://www.sleepscotland.org/>

Work & study

- **Noisli** (background noise and colour generator) www.noisli.com
- **Working Health Services Lothian** (Occupational Health service for self-employed people and employees of small businesses) www.healthyworkinglives.com Call: 0131 537 9579

- **Remploy** (for people who have been unwell/ have disabilities and returning to work) www.remploy.co.uk Call: 0300 456 8031

- **Women Onto Work** (support for women who have been unemployed for over 6 months) www.womenontowork.org Call: 0131 475 2622

Disability support in higher education www.gov.uk/rights-disabled-person/education-rights

Addictions

Community Addiction Service [Community Addiction Services \(CAS\) - Health and Well-being](#)

Jamie's Sanctuary for support for 18- to 28-year-old with addiction & mental health issues [Jamie's Sanctuary – Jamie's Sanctuary](#)

- Alcoholics Anonymous www.alcoholics-anonymous.org.uk Call: 0800 9177 650

- Narcotics Anonymous www.ukna.org Call: 0300 999 1212

- GamCare (problem gambling charity) www.gamcare.org.uk Call: 0808 8020 133

- Gamblers Anonymous UK www.gamblersanonymous.org.uk

- Sex Addicts Anonymous UK www.saa-recovery.org.uk Call: 07599 917686

Useful Books:

You mean I'm not Lazy, Stupid or Crazy: A Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly and Peggy Ramundo (a book by ADD adults for ADD adults, practical help and moral support to adults who are struggling to understand them).

ADD and Success by Lynn Weiss (a book about successful people with ADD – “understanding and embracing your ADD character to help you to lead a more enjoyable and productive life”).

Driven to Distraction by Ed Hallowell & John Ratey (a book written by two American psychiatrists who themselves have AD(H)D).

It's Not Personal: A Guide to Anger Management by A J Katz Managing

Anger: Simple Steps to Dealing with Frustration and Threat by Gael Lindenfield

Overcoming Anger and Irritability by William Davies Overcoming Depression: A self-help guide using cognitive-behavioural techniques by Paul Gilbert Overcoming

Anxiety: A self-help guide using cognitive-behavioural techniques by Helen Kennerley

Overcoming Insomnia and Sleep Problems: A self-help guide using cognitivebehavioural techniques by Colin Espie (This teaches how to ensure your bedroom encourages a good night's sleep; how to develop good pre bedtime routines; how to deal with a racing mind; and how to relax. It helps in establishing a new sleeping and waking pattern. It teaches us how to make effective use of sleeping pills and in deal with special problems including jet lag and sleepwalking). www.overcoming.co.uk