

Other Recommendations

AdvanceADHD – Penny Kennedy’s ADHD coaching & information website (including access to free support discussions & webinars): <https://www.advanceadhd.com/>

ADHD in Women: The Menstrual Cycle Connection (ADHD Health Clinic UK) - Dr Lalitaa Suglani and Dr Shyamal Mashru - <https://adhdhealthclinic.co.uk/video-article/adhd-in-women-the-menstrual-cycle-connection/>

Contextual Safeguarding & the work of Carlene Firmin MBE – useful for thinking about the wider community and social context in which harms to children occurs and may be prevented. <https://www.contextualsafeguarding.org.uk/toolkits/>

Huberman Lab Podcast (2021) ADHD – How Anyone Can Improve Their Focus (this is a brilliant overview of the medications used to help treat the condition. <https://www.hubermanlab.com/episode/adhd-and-how-anyone-can-improve-their-focus?Qmestamp=6075>

Jonny Matthew – <https://jonnyvm.substack.com/>

Peter Attia Drive - podcast

6 January 2025 Guest: Trenna Sutcliffe M.D. ‘Autism, ADHD & anxiety: understanding the rise in autism and a multidisciplinary approach to diagnosis and treatment of each condition in children.’ <https://podcasts.apple.com/gb/podcast/the-peter-awa-drive/id1400828889?i=1000682844228>

TRM (Trauma Recovery Model) website – <https://TRMAcademy.com/>

Young Again, BBC Radio 4 (BBC Sounds, Oct 2024) An Interview with Dr Gabor Maté – free to listen or download here: [hXps://www.bbc.co.uk/sounds/play/m0023ycy](https://www.bbc.co.uk/sounds/play/m0023ycy)