

## **ADD Resources**

**Recommended by Bright Solutions for Dyslexia**  
**www.BrightSolutions.US**

### **Support Groups / Questions / Diagnosticians**

CHADD (Children & Adults with Attention Deficit/Hyperactivity Disorder) has opened a new AD/HD National Call Center to provide information about AD/HD. Open weekdays from 8 a.m. to 5 p.m. Eastern Standard Time, the center responds immediately to anyone who contacts via e-mail ([national@chadd.org](mailto:national@chadd.org)) or who calls 800-233-4050.

Also available from CHADD: a new guide to AD/HD and IDEA, giving vital information on the new definition of the "other health impairment" category in the Federal regulations released March 1999. You can request this guide by calling or emailing CHADD.

### **Websites**

The National Resource Center on AD/DH has an on-line library dedicated to research and science-based resources. Visit <http://www.help4adhd.org>

For a well-written synthesis of the National Institute of Mental Health's research on ADHD, visit <http://www.nimh.nih.gov/publicat/adhd.cfm>

The National Attention Deficit Disorder Association (ADDA) has a great website. Visit <http://www.add.org>

For a complete adult and children's symptoms checklist for ADD/ADHD, visit <http://www.amenclinic.com/ac/addtests/default.asp>

A great site for parents, The Parent Advocate Website for ADD/ADHD, is <http://www.healthyplace.com/Communities/ADD/Site/index.htm>

A one-page description of adult symptoms is also available at [http://www.healthcalls.com/Adult\\_ADD.htm](http://www.healthcalls.com/Adult_ADD.htm)  
(Ignore the heading at the very top of the page. The content is excellent.)

Perhaps the web's most comprehensive ADHD site can be found at <http://www.add.about.com>

## Videos

A.D.D. from A to Z  
by Dr. Ed Hallowell, [www.drhallowell.com](http://www.drhallowell.com)  
Order online or from The Hallowell Center  
978-474-6210

New Skills for Frazzled Parents  
by Dr. Daniel Amen, [www.amenclinic.com](http://www.amenclinic.com)  
Order online or from Mindworks Press  
949-266-3730

Teen to Teen: The ADD Experience  
By Chris Dendy, M.S.  
Order online at [www.chrisdendy.com/t2t.htm](http://www.chrisdendy.com/t2t.htm)  
256-779-5203

## Books

Driven to Distraction *or* Answers to Distraction  
both by Dr. Ed Hallowell  
available in paperback from Amazon.com

The Misunderstood Child *or* Advice to Parents on ADHD  
by Larry B. Silver, M.D.  
available in paperback from Amazon.com

ADD Success Stories (*practical ideas to improve deficit skill areas*)  
by Thom Hartmann (author of *A Hunter in a Farmer's World*)  
available in paperback from Amazon.com

Taking Charge of ADHD  
by Russell A. Barkley, Ph.D.  
available in paperback from Amazon.com

ADD-Friendly Ways to Organize Your Life  
by Judith Kolberg & Kathleen Nadeau, Ph.D.  
available in paperback from Amazon.com