

Adult ADHD Support Resource Pack

A resource guide for adults referred to
ELFT for ADHD Support



**We care
We respect
We are inclusive**

We promise to work together creatively to:
learn 'what matters' to everyone, achieve a
better quality of life and continuously
improve our services.

We care . We respect . We are inclusive



Welcome to your guide

This booklet is designed to provide support and resources to individuals who have been referred to City and Hackney and Tower Hamlets Adult ADHD Services. We understand that current wait-times are long and appreciate waiting can be challenging.

Our aim is to offer you helpful information to manage during this period. This guide has been designed to support you through your journey with us; waiting for assessment, the assessment itself and then any management if you are diagnosed with ADHD.

The booklet has been split into three sections for each stage of your journey:

1. ADHD Waiting Well

If you are at the waiting list stage, the 'Waiting Well' section will have helpful information and resources to support you during this time. This section will also contain some practical tips for managing ADHD related symptoms including self-help techniques and lifestyle changes.

2. ADHD Assessment

The 'ADHD Assessment' section provides helpful information on the assessment process and the management options if you are diagnosed with ADHD. It also provides details on medication options and non-pharmaceutical options.

3. Living with ADHD

The 'Living with ADHD' section contains a list of resources including ADHD coaching, your legal rights as an employee with ADHD, workplace/education adjustments, books, articles, webinars and also some useful tools and applications for managing your ADHD.

1. ADHD Waiting Well

Our ADHD services have seen an increase in their backlog over the past 2 years.

This is partly because more and more people are realising they may have ADHD and, understandably, want to be formally assessed. This means, however, that, with more people trying to access the same number of services, people have to wait for their assessments longer.

Waiting for an ADHD assessment can feel like a long and uncertain journey, and it's important to recognize that it's completely normal to experience a range of emotions during this time.

Whether it's frustration, anxiety, or even doubt, allow yourself the space to feel what you're feeling. Your struggles are valid, and you don't need a diagnosis to make them real. Sometimes, just having the language or the official label can help you make sense of your experiences, but that doesn't mean your challenges are any less valid before you have that clarity.

Remember, your experiences are valid whether or not you have a diagnosis yet. Take care of yourself, reach out for support when needed, and know that there are many people who have walked this path before you and can offer insights and encouragement along the way. You are not alone.

Understanding ADHD in adults

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that presents with persistent difficulties in concentration, activity levels and impulsivity. It is a 'neurodevelopmental disorder' meaning it affects the brain and is present from early childhood. These difficulties lead to impairment in several areas of life.

We all have some symptoms of ADHD at various times in our lives such as poor concentration, forgetfulness, and restlessness; but this does not mean we have the disorder. Having ADHD symptoms without support can lead to distress and difficulty managing everyday life.

For further information and any enquiries please contact the service via email: www.elft.nhs.uk/adult-adhd-services



Mental Health support

Whether you have been diagnosed with ADHD or not, it is important to look after your mental health. Here are some key services that can provide mental health support:

NHS Talking Therapies

NHS Talking Therapies offers Cognitive Behavioural Therapy (CBT) and other therapeutic approaches to help manage symptoms of anxiety and depression, which are common co-occurring conditions with ADHD. CBT-based techniques can provide practical coping strategies to deal with these difficulties. Talking Therapies can also offer signposting to more relevant services if necessary and appropriate.

How to refer?

Self-referral Online: Visit NHS Talking Therapies service page www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service

and find your local service.

Many services allow you to self-refer online by filling out a referral form.

GP referral: You can also ask your GP to refer you to your local Talking Therapies service.

Contacting the service directly:

Some NHS Talking Therapies Services allow you to contact them directly by email or phone. Check your local service's website for more details.

ELFT Crisis Support

Contact NHS 111 for your local Mental Health Crisis Line. This line offers emotional support and advice to people who require urgent mental health attention, 24 hours a day, 7 days a week. It is open to children and adults of all ages and to people who have not used mental health services previously.

Together Café

Open Monday to Friday
5:00pm to 9:00pm and
Saturdays, Sundays and Bank
Holidays 12:00 noon to 9:00pm.

Address: Tower Hamlets
Together Cafe, Osmani Centre,
58 Underwood Rd, London
E1 1AW

Mob: 0808 193 2103

Email:

TH.TogetherCafe@NHS.net

Walk-in Crisis Café

Open 6:00pm - 9:00pm
weekdays and 12:00pm -
4:00pm at weekends.

Address: The Raybould Centre,
City and Hackney Centre for
Mental Health, London, E9 6SR
United Kingdom

Email: elft.crisiscafe2@nhs.net

Samaritans

For confidential support,
Samaritans offers a 24/7
helpline. You can call 116 123
anytime for emotional support,
whether in a crisis or need
someone to talk to. They also
provide support through email
at jo@samaritans.org, visit
their website for more
resources and information at:
www.samaritans.org.

Tower Hamlets and City & Hackney Recovery Colleges

The Recovery College offers a
variety of free educational
courses and workshops
designed to support mental
health and personal recovery.
These courses cover topics such
as: understanding mental
health conditions, developing
coping strategies, and
improving self-management
skills. The courses are co-
produced by professionals and
people with lived experience,
promoting a peer-supported
learning environment.

How to Access the Recovery College:

Enrolment: You can enrol
online through the Recovery
College website. Visit their
website for more details on
available courses and
workshops here:

www.elft.nhs.uk/services/tower-hamlets-recovery-college.

Courses are available to those
using ELFT services, their
supporters and staff.

Additional Support Services

Mind: Provides comprehensive advice and support to empower anyone experiencing a mental health problem. Mind offers a variety of resources, including information on mental health conditions, coping strategies, and legal rights. They also provide support through local Mind branches, which offer services such as counselling, peer support, and advocacy. Mind's Infoline (0300 123 3393) is available for confidential help and information. Visit Mind for more information:
www.mind.org.uk.

Service User Network (SUN)

Support, workshops and strategies to help you manage during a crisis for individuals who experience frequent mood changes, emotional instability experiencing thoughts of self-harm and/or suicide.

Tel: 07508 842 688

Email:

SUN.referrals@elft.nhs.uk

NHS 111

Option 2



Practical tips for managing ADHD type symptoms

These tips are designed to address common challenges associated with ADHD such as inattention, hyperactivity, and impulsivity, providing you with actionable strategies to incorporate into daily life. By applying these techniques, you can enhance your ability to focus, reduce stress, and improve overall well-being during this waiting period.

Inattention

Break tasks into smaller steps and use visual reminders.

- Paper Planners: opt for visible, paper-based tools like calendars and planners to help manage tasks and reduce forgetfulness
- Pomodoro Technique: Work in 25-minute blocks followed by short breaks to improve focus and manage time effectively. Use apps like Pomofocus to keep track.

Hyperactivity

Engage in regular physical activity to expend excess energy.

- Exercise Regularly: Boost dopamine levels by setting an alarm and using motivational tools like fitness apps to maintain regular physical activity.
- Fidget toys: People with ADHD report an improvement in their ability when using fidget toys to focus and better tolerate feelings of boredom, anxiety, and excitement when using fidget toys.

- Impulsivity

Practise mindfulness and pause before acting on impulses.

- Maintain a Gratitude Journal:

Spend a few minutes each morning writing down things you are grateful for to enhance mood and emotional regulation.

- Make it harder to act impulsively.

For example, if your impulsivity leads you to spend money on items you do not need, then leave your credit card at home, or put items you want on hold for 24 hours so you can decide if you really need or want them.

Time Management and Organisation

Use planners and apps to schedule tasks and set reminders to stay on track.

Developing a consistent daily routine can significantly improve focus and productivity, reduce distractions, ensure tasks are completed, and provide a sense of stability.

- Set Multiple Alarms:

Use multiple alarms to structure your morning routine and improve punctuality and organisation

- Set Task Reminders:

Use your phone or planner to remind yourself of important tasks and deadlines to enhance follow through and organisation.

Stress

Relaxation techniques can be used to manage stress effectively. Deep breathing exercises and meditation can be excellent ways to reduce stress levels. Additionally, maintaining a regular exercise routine and healthy sleep patterns can help to further alleviate stress and promote overall well-being.

- Simplify Your Environment: Keep your living and work areas tidy to minimise distractions and reduce stress

- Take Regular Breaks: Incorporate short breaks throughout the day to help recharge and sustain focus.

Diet

Diet can also have a significant impact on ADHD symptoms.

Research has shown that maintaining a balanced diet promotes overall health and well-being. Here are diet and nutrition tips that may be helpful:

- **Eat regular, balanced meals:** Include a variety of fruits, vegetables, whole grains, and lean proteins
- **Avoid processed foods:** Reduce intake of foods high in sugar and artificial additives
- **Consider supplements:** Omega-3 fatty acids, may help improve attention and some other ADHD symptoms but consult with a healthcare provider first.

Exercise

Regular physical activity can be very helpful in managing ADHD symptoms. It is recommended that you aim for at least 30 minutes of physical activity most days of the week. Using alarms or apps to remind you to get active can be helpful

helpful in creating and maintaining a daily exercise routine.

- **Aerobic Exercise:** Running, cycling, and swimming boost dopamine levels, enhancing focus and mood while improving cognitive functions and overall physical health.
- **Strength Training:** Weightlifting or resistance exercises can increase focus, discipline, mood, energy levels, and physical strength, contributing to better sleep and overall mental health.
- **Mind-Body Exercises:** Practices like yoga or tai chi enhance focus, reduce stress, improve emotional regulation, and promote physical and mental wellbeing.

Managing overwhelming emotions

Research has identified that individuals with ADHD can experience more overwhelming emotions such as frustration and anger. Impulsivity can lead individuals to get carried away by what they are feeling and act on it without considering the longer-term consequences. These feelings are valid and real. Accepting that having big emotions is part of being human, regardless of a diagnosis.

Reflecting

Learning triggers and journaling them can be helpful. Knowing them can help avoid or minimise them in the future.

Some triggers are unavoidable, however, it is possible to emotionally prepare for some situations, such as before a meeting at work, and make time to journal.

Breathing exercises to reduce overwhelm

1. When you find yourself feeling overwhelmed, pause for a second.
2. Try and stop before reacting immediately, walk away from the trigger if you can. As you wait, try: **7-11 BREATHING**
3. Breathe in for the count of 7
4. Hold for 7
5. Breathe out for 11

Continue until you feel calmer.



2. ADHD Assessment and Treatment

Prior to assessment, you may receive some questionnaires for you and those who know you well to complete.

This is because ADHD is a neurodevelopmental condition, and the service needs some evidence of difficulties as a child and adult. It can be difficult to complete an assessment without this information.

Assessment process

Initial assessment

This is an in-person assessment. A clinician will conduct a detailed assessment including the Diagnostic Interview for ADHD in Adults (DIVA). This usually takes 1-1.5 hours. You may need a further appointment to complete your assessment.

Treatment

If you are diagnosed with ADHD, the management options will be discussed with you. You may be offered medication and/or psychological interventions, such as Peer Support and Psychoeducation. If you decide to have a medication trial, we will manage this initially and then ask your GP to take over prescribing with a Shared Care Agreement (SCA).

Discharge

Once we discharge you from our service, your GP will manage your medication and request our support when needed according to the SCA.

Treatment options

Medication

Medication can be an effective part of an ADHD treatment plan. There are two main types of medications used to treat ADHD in Adults; stimulants and non-stimulants.

- **Stimulant Medications:** Stimulant medications are most commonly prescribed for ADHD. They work by increasing the levels of certain neurotransmitters in the brain, which helps improve concentration whilst reducing impulsivity and hyperactivity. These medications are typically fast-acting and can provide significant relief from ADHD symptoms.
- **Non-Stimulant Medications:** Non-stimulant medications are another option for treating ADHD. These medications do not work as quickly as stimulants, but they can be effective for those who may not respond well to stimulants or who experience adverse side effects. Non stimulants help improve focus, attention, and impulse control, though they may take longer to show effects
- **Considerations and Monitoring:** When starting any medication for ADHD, it is important to work closely with the service to monitor its effectiveness and any potential side effects. Medication is often most effective when combined with other treatment strategies, such as psychological interventions and lifestyle changes
- **Additional Information:** For more detailed information on ADHD medications, consult the NHS website or the Choice and Medication website here: www.choiceandmedication.org/

Non-pharmaceutical options

In addition to medication, there are several non-pharmaceutical treatments that can effectively manage ADHD symptoms. These options can be used alone or in combination with medication for a comprehensive treatment approach. Our clinicians will be happy to refer or signpost you to relevant resources:

- **Post-Diagnostic Support:** Peer Support Groups, Psychoeducational Workshops and tailored advice on Reasonable Adjustment in work and education will be offered to you post diagnosis.
- **Cognitive Behavioural Therapy (CBT):** CBT can help manage ADHD symptoms by teaching coping strategies and skills to improve focus and reduce impulsivity. Find

- CBT services through NHS Talking Therapies or private practitioners
- **Coaching:** ADHD coaches work with individuals to develop personalised strategies to manage symptoms and improve daily functioning. Services can be found through organisations like ADDISS or ADHD UK.
- **Support Groups:** Joining support groups can provide community support and shared experiences. Organisations like ADHD Aware and ADHD Foundation offer group sessions.




3. Living with ADHD

Following your diagnosis and treatment, there is additional support that can be useful to individuals with ADHD. Below is some information on support through ADHD coaching, legal rights, workplace adjustments and the governmental Access to Work programme. There are also many self-help resources, tools and apps that can be beneficial for managing ADHD type symptoms.

ADHD Coaching

ADHD Coaching can be incredibly beneficial for individuals with ADHD. A coach can provide support and accountability. Many of these coaches understand ADHD well because they have lived experience. You may be able to get the costs refunded through the governments Access to Work scheme, and most coaches offer a free introductory “chemistry” session to see if it’s a good fit.

Here are some options to explore:

- **Your GP Practice:** Many GP practices have their own health coach. While they might not have specific ADHD training, they can still offer valuable support
 - **Access to Work Programme:** The government’s Access to Work programme can provide mental health support, including coaching. They have also previously helped cover the costs of private ADHD coaching, noise-cancelling headphones, and workplace support
- 

- **Private ADHD Coaching:**

Several organisations offer specialised ADHD coaching. A helpful list of coaches can be found on the ADHD UK website:

<https://store.adhduk.co.uk/adhd-uk-coaches/> as well as searching the web.

Finding the right coach for you can be challenging, so below are some tips on how to choose an ADHD coach:

- **Check Reputable Sources:**

ADHD UK and other ADHD-specific organisations often have lists of recommended coaches. These lists can be a good starting point

- **Qualifications and Experience:**

Look for coaches who have specific training in ADHD coaching and relevant experience

- **Reviews and Testimonials:**

Reading reviews and testimonials from other people can provide insights into the effectiveness of a coach's methods and their approach to coaching

- **Free Consultations:** Many coaches offer a free initial consultation. Use this opportunity to discuss your needs, ask about their coaching style, and see if it's a good fit for you.



Legal rights and Workplace adjustments

Legal rights

Individuals with ADHD are protected under the Equality Act 2010, which ensures they are not discriminated against in the workplace and educational settings.

- **ACAS:** Employment rights guidance www.acas.org.uk/
- **Disability Rights UK:** Advice on rights and benefits www.disabilityrightsuk.org/
- **ADHD UK:** Insights into ADHD and employment law <https://adhd.uk.co.uk/>

Reasonable Adjustments

Employers and educational institutions must accommodate ADHD with adjustments like flexible working hours, task management support, quiet environments, flexible deadlines, assistive technology and workplace training on Neurodivergence.

Requesting adjustments:

- **Document Your Needs:** Identify required adjustments
- **Consult Your GP or Specialist:** Obtain supporting documentation
- **Communicate:** Discuss needs with employer or educational institution
- **Formalise:** Submit a written request with specific adjustments.

Access to work

Access to work is a UK government programme created to help individuals with disabilities, including ADHD, to stay in or start work.

The programme can cover costs such as:

- **Workplace Adaptations:** Providing equipment or modifying existing tools to make the workplace more accessible
- **Support Workers:** Funding for job coaches, note-takers, or interpreters
- **Travel Costs:** Assistance with additional travel expenses due to a disability
- **ADHD-Specific Support:** Includes ADHD coaching and noise-cancelling headphones. The ADHD UK website has a page on Access to Work with details on the government programme, including eligibility criteria, types of support available (like workplace adaptations and support workers), and the application process. It also covers specific ADHD related support, such as coaching and assistive technology. For more information, visit the ADHD UK Access to Work page:

<https://adhduk.co.uk/access-to-work/>

The Government page on Access to Work:

www.gov.uk/access-to-work



ADHD Specific support services

Below is a list of ADHD specific support services that you may find helpful at any stage of your referral. These services offer a range of support including support groups, information and resources as well as training and workshops.

ADHD Aware

A national charity based in Brighton led by volunteers with lived experience. They offer peer support and discussion groups for adults with ADHD, partners, and parents. Meetings run from 7-9 PM, both in-person and online. Sign up for their newsletter for monthly updates and RSVPs are required for most sessions. They also provide information on ADHD symptoms, neurodiversity, and comorbidities (i.e. medical conditions that coexist alongside a primary diagnosis and

affect your health. For more details, visit:

<https://adhdaware.org.uk/>

ADHD UK

A UK charity providing resources and support for individuals with ADHD or seeking a diagnosis. They offer comprehensive guides, videos, podcasts, online support groups, and advocacy efforts to raise awareness and improve services. They also have an ADHD Coach marketplace with details of several coaches that they recommend. For more Information visit:

<https://adhduk.co.uk/>

AADD-UK

Supports adults with ADHD through comprehensive guides on management, ADHD coaching information, peer support groups, and advocacy campaigns. For more information, visit: <https://aadduk.org/>

ADHDadultUK

Offers support and resources for adults with ADHD, including an online community forum, educational resources, and awareness campaigns. For more information, visit: www.adhdadult.uk/

Adders.org

Promotes ADHD awareness and provides extensive articles, support group listings, creative works sharing platform, and practical help for managing ADHD. For more details, visit: <https://adders.org/>

ADDISS

Provides resources, workshops, and support services for individuals with ADHD and their families.

They also offer a bookstore with helpful books on ADHD. For more information, visit: www.addiss.co.uk/

ADHD Babes

ADHD Babes is an ADHD community specifically for Black women and non-binary people, providing a safe and empowering space to share experiences and strategies for managing ADHD. They offer various forms of support including virtual meetups, events, and workshops designed to foster a sense of community and understanding. Their initiatives focus on increasing awareness, representation, and understanding of ADHD, while advocating for better support and resources for Black women and non-binary individuals with ADHD. For more information, visit: www.adhdbabes.com/

ADHD Collective

The ADHD Collective supports individuals with ADHD through community, coaching, and resources.

They provide a supportive community for sharing experiences and encouragement, personalised coaching sessions tailored to managing symptoms and achieving goals, and a membership program offering access to exclusive resources, workshops, and a network of peers. For more information: <https://theadhdcollective.org/>

ADHD Girls

Empowers women and girls with ADHD through workshops, digital awareness campaigns, training, 1:1 support, and mentoring. For more information, visit: <https://adhdgirls.co.uk/>

Centre for ADHD and Autism Support

Supports individuals with ADHD and autism through support sessions, practical assistance, workshops, mentoring, social groups, and youth support programs. For more information, visit: <https://adhdandautism.org/>

Atypiqueers

A sister group of London Friend, dedicated to supporting LGBTQIA+ individuals with neurodiversity, such as ADHD and autism. They provide a safe and inclusive space for members to connect, share experiences, and access support through various activities, including support groups, social events, and workshops. These initiatives foster a sense of belonging and understanding among neurodivergent LGBTQIA+ individuals. For more information, visit: www.atypiqueers.org/

London Friend

London Friend is a charity focused on improving the health and well-being of LGBTQ+ individuals. They offer a wide range of support services, including counselling, social groups, and sexual health services. Additionally, London Friend provides tailored workshops and support groups specifically for LGBTQ+ individuals with ADHD and other

neurodiversities aiming to create a more inclusive and supportive community. For further information, visit: <https://londonfriend.org.uk/>

Resources for people with ADHD

Engaging with self-help materials can be beneficial at any stage of your ADHD referral. Here are some recommendations:

Books and articles

- **The Adult ADHD Tool Kit**
Practical strategies based on CBT.
- **Driven to Distraction**
A comprehensive guide to understanding and managing ADHD in adults.
- **The ADHD Advantage**
Discusses the potential benefits of ADHD traits in adults.

- **ADHD 2.0**

In ADHD 2.0, Drs Hallowell and Ratey, both of whom have this 'variable attention trait', draw on the latest science to provide both parents and adults with ADHD a plan for minimising the downside and maximising the benefits of ADHD at any age.

Webinars and online series

- **How to ADHD**

Offers tips and strategies for managing ADHD symptoms.

- **Russell Barkley's**

YouTube Channel

Contains helpful, scientific information from an expert.

- **TotallyADD**

Focuses on the challenges and humour of living with ADHD as an adult.

- **ADHD Aware Film**

Explores the challenges and difficulties around living with ADHD.



Podcasts

- **ADHD Experts Podcast**

Features experts discussing ADHD management strategies.

- **ADHD reWired**

Provides insights and advice from individuals living with ADHD.

Websites

- **ADHD Foundation**

Offers resources, webinars, and support groups.

www.adhdfoundation.org.uk/

- **HelpGuide**

Comprehensive guide on managing adult ADHD, covering organisational tips, healthy lifestyle choices, improving focus, and emotional health.

www.helpguide.org/mental-health/adhd

- **The Moya CBT ADHD Self-Help Guide**

Offers practical strategies for daily routine, organisational skills, stress management, and lifestyle changes.

www.moyacbt.co.uk/wp-content/uploads/2023/06/ADHD-Self-Help-Guide.pdf

- **The Neurodivergent Friendly Workbook of DBT Skills by Sonny Jane Wise**

A workbook offering Dialectical Behaviour Therapy (DBT) skills tailored to the unique needs of neurodivergent individuals, including those with ADHD and autism. It provides practical strategies for managing emotions, improving relationships, and coping with stress.

<https://tinyurl.com/ykdf89xz>

- **National Autistic Society**

Guidance and resources for individuals with ADHD and autism.

www.autism.org.uk/

- **Rethink Mental Illness**

Provides practical support and information for managing mental health.

www.rethink.org/ groups, and advocacy campaigns. For more information, visit: <https://aadduk.org/>

ADHDadultUK

Offers support and resources for adults with ADHD, including an online community forum, educational resources, and awareness campaigns. For more information, visit: www.adhdadult.uk/

Adders.org

Promotes ADHD awareness and provides extensive articles, support group listings, creative works sharing platform, and practical help for managing ADHD. For more details, visit: <https://adders.org/>

ADDISS

Provides resources, workshops, and support services for individuals with ADHD and their families. They also offer a bookstore with helpful books on ADHD. For more information, visit: www.addiss.co.uk/

Apps and tools

Using certain apps and tools can significantly help manage ADHD symptoms by improving organisation, focus, and overall productivity. Here are some recommended options:

Symptom tracking tools

- **ADHD Organiser**

An app specifically designed to help track ADHD symptoms and manage daily tasks.

- **ADHD Angel**

Provides practical support for ADHD patients, including symptom tracking using the SNAP-IV rating scale.

- **Daylio**

A mood tracking app that allows you to keep a private journal without having to type a single line.

- **T2 Mood Tracker**

Helps track emotions and behaviours to better understand how treatments are working.

- **Bearable**

A symptom tracking app that helps manage health and wellness by tracking mood, symptoms, and other health metrics.

Task management apps

- **Todoist**

Helps organise tasks and projects with deadlines and reminders.

- **Trello**

Visual project management tool to track tasks and progress.

- **Remember the Milk**

A task management tool that helps you manage your tasks with due dates, priorities, and tags.

- **Microsoft To Do**

A simple and easy-to-use task management app that integrates with Microsoft services.

- **Evernote**

A versatile app for note-taking, organising tasks, and managing projects.

- **Asana**

A comprehensive task management app that is excellent for managing work projects and tasks.

- **Tiimo**

A visual daily planner with notifications and the ability to add icons and checklists.

Additional tools

- **Focus@Will**

Uses music to enhance focus and productivity.

- **Forest**

Encourages focus by growing virtual trees as you stay on task.

- **Pomodoro Timer**

Helps break work into intervals, traditionally 25 minutes in length, separated by short breaks.

- **Habitica**

A habit-building and productivity app that treats your tasks like a role-playing game.

- **Beeminder**

A goal-tracking tool that helps you stay motivated by incorporating financial stakes.

- **RescueTime**

Tracks your digital activities to help you understand and manage your time better.

- **Freedom**

Blocks distracting websites and apps to help you stay focused.

- **Cold Turkey**

A website and application blocker to help you stay productive.

- **Focus Keeper**

Uses the Pomodoro Technique to help you maintain your focus and productivity.

- **Toggl Track**

A time tracking app that helps you see where your time goes and how to manage it better.

- **Due**

Sets reminders for important tasks and continues to ping you at set intervals until you mark the task as done.

- **Keeper Password Manager and Digital Vault**

A secure password management solution available for all popular platforms and browsers.



Contact us

City and Hackney Adult ADHD Service
The Primrose Square Resource Centre
23 Primrose Square
E9 7TS
Tel: 0208 525 1115
Email: elft.adhdservice@nhs.net

Tower Hamlets Adult ADHD Service
Mile End Hospital, 275 Bancroft Rd, E1 4DG
Tel: 07393243295
Email: elft.thadhdservice@nhs.net

Web: elft.nhs.uk



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[NHSELF](https://www.youtube.com/channel/UCNHSelft)



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