ADHD Resources

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1. Social Media

How to ADHD
- Instagram
- TikTok
- Youtube

Dani Donovan
- Dani Donovan Website
- @danidonovan • Instagram
- @danidonovan TikTok
- ADHD Comics / Twitter

Authentically ADHD
- Authentically ADHD Website
- Instagram
- Jak Outside The Box - YouTube

Mindfully ADHD
- https://nicholebcoaching.com/
- Instagram

ADHD Understood: Instagram

The Mini ADHD Coach
- The Mini ADHD Coach Website
- Instagram
- The Mini ADHD Coach - YouTube

ADHD Actually: Instagram

Candin Philips: Instagram

Dr. Jen Wolkin: Instagram

Adrianna ADHD Coach: Instagram

Dr. Janina: Instagram

Britney Brown
- Instagram
- TikTok
- Imperfect Inspiration - YouTube

ADHD While Black: TikTok

KC Davis / Domestic Blisters

- KC Davis Instagram
- KC Davis (@domesticblisters) Official TikTok
- KC Davis - YouTube

Catie Osborn

- @catieosaurus • Instagram
- TikTok
- Catieosaurus - YouTube

The ADHD Doctor

- Instagram
- @thepsychdoctormd Official TikTok
- Sasha Hamdani MD - YouTube

Hayley Honeyman

- TikTok
- Hayley Honeyman - YouTube

Courtney Carini

- Instagram
- TikTok

Flaming ADHD: TikTok

Black Girl Lost Keys

- Black Girl, Lost Keys Website
- René Brooks • Instagram
- Black Girl Lost Keys- Twitter

2. Apps

Finch Self Care App: Free (paid upgrade available but not necessary)

> *Meet your new self care best friend! Finch is a self care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of self care exercises personalized for you.*
>
> **Includes: Goal setting, Habit Tracker, Check-Ins, Tools & Exercises, Game**
>
> - Finch: Self Care Widget Pet - Apps on Google Play
> - Finch: Self Care Widget Pet on the Apple App Store

Inflow: Free trial, $47.99 a month or $199.99 a year

> *Inflow is designed by people with ADHD, for people with ADHD. We're not a glorified pomodoro timer or calendar. We're a science-based digital program, here to help you manage your ADHD/ADD.*
>
> **Includes: Skill building, Peer support, Coaching, Task Prioritization, Education, Structure**

- Inflow Website
- Inflow ADHD - Apps on Google Play
- Inflow ADHD on the Apple App Store

ToDoist: Free (paid upgrade available but not necessary)

> *Todoist is a delightfully simple yet powerful task manager and to-do list app. Finally, organize your work and life. Add & organize tasks across platforms.*
>
> **Includes: Task list/To-do list, Task Organization**

- ToDoist Website
- Todoist: To-Do List & Planner on the Apple App Store
- Todoist: to-do list & planner - Apps on Google Play

3. Books

- *Driven to Distraction* by Edward Hallowell, M.D. and John Ratey, M.D.
- *A Radical Guide For Women With ADHD* by Sari Solden, MS and Michelle Frank, PsyD
- *Order From Chaos* by Jaclyn Paul
- *Thriving With Adult ADHD* by Phil Boissiere, MFT
- *Your Brain's Not Broken* by Tamara Rosier, PhD
- *Organizing Solutions for People with ADHD* by Susan Pinsky
- *Laziness Does Not Exist* by Devon Price, Ph.D.
- *How To Keep House While Drowning* by KC Davis, LPC
- *ADHD 2.0* by Edward M. Hallowell, M.D. and John J. Ratey, M.D.