



ADD/ADHD Resources

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Here is an optional quiz online to see what kinds of questions we ask in an assessment for ADHD. This is just a sample and is not diagnostic, but it can be helpful to begin to think about these areas in life: <https://psychcentral.com/quizzes/adhd-quiz>

Here is a "symptom checker" online which reviews in more detail the concerns you may have. It is not diagnostic, but it gives you online information and resources:

<https://www.additudemag.com/symptom-checker/>

How to ADHD: Free videos and resources about ADD/ADHD

<https://www.youtube.com/@HowtoADHD>

Free ADHD information from the Centers for Disease Control:

<https://www.cdc.gov/ncbddd/adhd/facts.html>

Information and videos on ADHD from Understood.org is [here](#)

A funny take on living with ADHD from the Holderness Family:

<https://theholdernessfamily.com/videos/>