

ADHD SUPPORT PACK

LOCAL MENTAL HEALTH

Local services and support:

24/7 freephone crisis line on: 0800 051 1508

[Warrington Wellbeing | warrington.gov.uk](http://WarringtonWellbeing.warrington.gov.uk)

<https://www.mhm.org.uk/talking-therapies-warrington>

<https://www.mylifewarrington.co.uk/kb5/warrington/directory/home.page>

<https://www.warrington.gov.uk/warringtontogether>

LOCAL SUPPORT GROUPS

Warrington ADHD Support Group

Tel no. 07486 124414

Address – St. Oswalds Social Club, Padgate Lane, Padgate, Warrington, Cheshire, WA1 3LB

Meets 2nd Wednesday of every month (excluding August) at 7.30pm

Facebook group @AdhdWarrington

Maddchester - Support Group Manchester

Support group meetings are on the second Monday of the month, 7-9pm.

For venue details contact: contact@maddchester.com

Facebook group @MADDchester

Ladders of life - Liverpool ADHD Support Group

Monday - Wednesday: 9:00-5:00PM

Thursday 10:30am-2:30PM

Friday: 9:00am-4:00PM

Facebook group @Liverpool Adult ADHD/Ladders of Life Ltd UK

ONLINE RESOURCES

Additude magazine - has lots of comprehensive ADHD information and resources

<https://www.additudemag.com>

Exceptional individuals - provide neurodiversity consulting recruitment and employment support

<https://exceptionalindividuals.com>

ADHD Foundation - resource centre, events and webinars

<https://www.adhdfoundation.org.uk>

TASK MANAGEMENT AND TRACKERS

<https://goblin.tools/>

<https://monday.com/> Includes tone formaliser for letters and emails, time estimation for tasks, compiling of brain dumps and putting together recipes for ingredients you have.

Apps for helping with time management & tasks:

<https://calendly.com/>

<https://ticktick.com/>

<https://asana.com/download>

ADHD meal planning:

<https://jackiesilvernutrition.com/articles/adhd-meal-planning-for-adults/>

Therapist Aid's 'Managing ADHD':

<https://www.therapistaid.com/therapy-worksheet/tips-for-managing-adhd>

Therapist Aid's 'ADHD Focus Plan':

<https://www.therapistaid.com/therapy-worksheet/adhd-focus-plan>

Netflix also has a few series by the app Headspace called Headspace Guide to Meditation, and Headspace Guide to Sleep. These include both anecdotal and scientific evidence about meditation and ways to improve sleep, followed by either a meditation exercise or sleep exercise.

ACCESS TO WORK

You can request reasonable adjustments at work, for example extra time to process information, additional breaks if you are struggling to sit and concentrate for extended periods of time and extra time if you are aware work may take you longer than others to complete.

You can apply for practical help at work, such as dictation software and ADHD coaching. You can also request a 'workplace assessment' which will give you chance to say what you find difficult at work and allow them to help with suggestions. This is a free service.

<https://www.gov.uk/access-to-work>

STIMULANT VS NON- STIMULANT ADHD MEDICATION

TITRATION PROCESS

During the titration phase, ADHD symptoms, impairment and adverse effects are recorded at each dose and reviewed every 4 weeks, or where necessary. This is then titrated against symptoms and adverse effects in line with the BNF guidelines (<https://bnf.nice.org.uk>) until dose optimisation is achieved (that is, reduced symptoms, positive behaviour change and tolerable adverse effects). After titration and dose stabilisation, prescribing and monitoring of ADHD medication should be carried out under a Shared Care agreement with your registered GP.

STIMULANT

- Stimulant medication may help reduce hyperactivity and improve concentration.
- Stimulant medication is released slowly over an extended period of time, meaning it will have a consistent effect throughout the day. The effects of methylphenidate typically last for up to 8 hours, which is most effective for a working day throughout which concentration is required. If longer periods of concentration are required, Lisdexamfetamine may be an option for up to 12 hours.
- Slower release medications are indicated by XL i.e. Concerta XL.
- Non-stimulant medication may be explored/issued if you;
 - don't respond to stimulants
 - have a history of bipolar disorder
 - have a history of certain heart conditions (or family history)
 - have history of substance misuse
- Non stimulant medications are often an option for learning disability and ASD patients.
- Patients should be aware that stimulant medication can make you more anxious and increase your heart rate.
- ADHD medications are titrated until an optimum dose is reached. This means that you will be started on a low dose, which will increase until you feel the maximum benefit.
- For those in employment and education, a slow release methylphenidate option may be better as they can increase focus.
- For patients who have a history of substance misuse, Lisdexamfetamine may be an option.

NON-STIMULANT

- This differs from stimulant medication in several ways, including:
 - it's not classified as a controlled substance - meaning it does not have a potential for abuse
 - it takes longer to start working - meaning it appears to have a longer onset of action as compared to stimulants - which works on the day they are taken.
 - it must be taken daily - whereas doses of stimulants may be skipped - over the weekend for example.
 - It can take up to 4-8 weeks to reach a maximum therapeutic effect.

● **STIMULANT** ● **NON-STIMULANT** ● **NOT LICENCED FOR ADHD**

Names of medication and available strengths	How long can they go without medication	Also known as; Additional information; Licensed maximum dose	Red flag side effects (not specific to each medication, unless specified)
<p>LISDEXAMFETAMINE</p> <p>Capsule - 20mg, 30mg, 40mg, 50mg, 60mg, 70mg</p>	<p>Can be stopped during weekends and school holidays if needed and symptoms are manageable</p>	<p>Elvanse</p> <p>Amphetamine based medication</p> <p>Start at 20mg or 30mg once every morning. Increase in 10mg intervals</p> <p>Licensed maximum 70mg</p>	<p>Increased (high) blood pressure</p> <p>Tachycardia (heart rhythm disorder)</p> <p>Peripheral neuropathy (tingling or loss of sensation in fingers, toes or lips) - all stimulants, escalate to a specialist)</p>
<p>ATOMOXETINE</p> <p>Capsule - 10mg, 18mg, 25mg, 40mg, 60mg, 80mg,</p>	<p>Cannot be stopped suddenly</p>	<p>Strattera</p> <p>Can be started at 40mg, increase to 80mg, according to response</p> <p>Licensed maximum 120mg</p>	<p>Chest pains</p>
<p>GENERIC METHYLPHENIDATE</p> <p>Tablet - 5mg, 10mg, 20mg</p>	<p>Can be stopped during weekends and school holidays if needed and symptoms are manageable</p>	<p>Medikinet, Ritalin, Equasym, Concerta XL, Matoride XL, Xaggitin</p> <p>Start with 5mg 1-2 times daily, increase by 5-10mg</p> <p>Licensed maximum 60mg</p>	<p>Fast or irregular heartbeats (palpitations)</p> <p>Nausea and dizziness - to be monitored if mild and improving</p> <p>Serotonin syndrome e.g. severe flu, fever, irregular heartbeats - EXTREMELY rare, must stop meds and attend A&E</p>
<p>GUANFACINE</p> <p>Tablet -1mg, 2mg, 3mg, 4mg</p>	<p>Cannot be stopped.</p> <p>(When stopping/ coming off Guanfacine, it should be reduced by 1mg every 3-7 days and monitor BP to check for rise)</p>	<p>Intuniv</p> <p>Amphetamine based medications</p> <p>Start at 1mg, increase by 1mg</p> <p>Licensed maximum 7mg</p>	<p>Specific to Guanfacine:</p> <p>SSF - Somnolence (drowsiness), Sedation and Fatigue</p> <p>Rebound hypertension - increased BP, usually settles back down once stopped</p>
<p>DEXAMFETAMINE</p> <p>Tablet -5mg</p>	<p>Cannot be stopped suddenly</p>	<p>Amphetamine based medications</p> <p>Start at 2.5mg 2-3 times, increase by 5mg</p> <p>Maximum 40mg</p>	<p>Abdominal pain</p>
<p>DULOXETINE</p> <p>Capsules - 20mg, 30mg, 40mg, 60mg</p>	<p>Cannot be stopped suddenly</p>	<p>Start at 20mg, increase by 10mg</p> <p>Maximum 120mg</p>	<p>Dizziness - short spells</p>