

DCM Members Guest Speaker Event with ADHD Ireland

Webinar Resources



Webinar Resources

ADHD Ireland - www.adhdireland.ie

ADHD Foundation - www.adhdfoundation.org.uk

Understanding & Managing Adult ADHD Programme (UMAAP) - <https://adhdireland.ie/umaap/>

UCD Tips for Students with ADHD - https://www.ucd.ie/all/t4media/Tips%20for%20UCD%20Students%20-%20ADD_ADHD.pdf

ADHD Now™ Adult & Child ADHD Assessment & Support - <https://adhdnow.com/ie/>

The Irish National Council of AD/HD Support Groups (INCADDS) - <https://www.incadds.ie/support-groups.html>

UCD ADHD in Adults App - <https://apps.apple.com/us/app/adhd-in-adults/id6443794958>

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