



Cheshire and Merseyside



Adult ADHD Information Pack

If you think you might have ADHD, you might be finding some everyday thing difficult. At home, at work, in your relationships, or with your studies.

Looking through lots of websites for information can feel overwhelming. We have made this pack to put some helpful information all in one place. We know waiting to find out if you have ADHD can be hard and you may wish to try some strategies to see if they make things a little easier for you. The information in this pack has been developed with people living with ADHD and may be helpful whether you have had a formal diagnosis or not.

We want this guide to be as helpful as possible. On every page there is a QR code you can scan to tell us what you think so that we can make it better.



What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. It is a neurodevelopmental condition where your brain works in a slightly different way. It affects more than 1 in 20 people.

ADHD has three main symptoms, although not everyone has all three

- being inattentive
- being hyperactive
- being impulsive

Many people manage their ADHD successfully. However, having symptoms without support can make it difficult to manage everyday life.

Discovering you have ADHD in adulthood can look different for everyone. In the following videos people share their experiences of what it is like for them:

[Understanding how ADHD impacts me: Part 1](#)

[Understanding how ADHD impacts me: Part 2](#)

Where can I find more help?

[ADHD in adults - NHS](#)

[ADHD Video Resources](#)

[ADHD UK - About ADHD](#)

[YouTube - How to ADHD](#)

[MyApp: My Mental Health - ADHD](#)



ADHD affects people differently and below are some of the areas you may wish to have more information about...

Paying attention and concentrating

Impulsivity and hyperactivity

Memory

Planning, organisation and time

Understanding your emotions

Self-esteem and motivation

Sensory processing

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Paying attention and concentrating

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How this affects me

ADHD can make it hard to pay attention. Focusing on tasks, staying organised, and keeping track of time can be difficult. Mainly when the task is boring or not instantly rewarding. When something is interesting, you may focus on it so much that you lose track of time. Or forget other things you need to do. This is called hyperfocus.

Practical tips

- You could try reducing distractions, like turning off phone alerts or using noise-cancelling headphones / ear plugs
- Some people find the [Pomodoro Technique](#) helpful: work for 25-30 minutes, then take a 5 minute break
- Reminders or alarms can help you to know when to start or stop a task, or when to take a break
- [Body Doubling](#) (doing a task with someone else, in person or online) might help you stay on track
- Quiet background noise, like white noise or brown noise, may help with focus
- Talking through a task out loud could help you stay focussed
- A “brain dump” – writing extra thoughts in a notepad or phone – may help to clear your mind
- Tools like checklists, to-do lists, whiteboards, or post-it notes might help you stay organised
- Bright colours, like highlighter pens or coloured post-it notes, may help you spot important information
- Simple [mindfulness](#) exercises might help you manage ADHD symptoms

Where can I find more help?

[ADHD UK - Strategies](#)[ADHD Video Resources](#)[MyApp: My Mental Health - ADHD](#)[YouTube - How to ADHD](#)

Impulsivity and hyperactivity

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How this affects me

Being **impulsive** means that you might:

- make quick decisions without thinking about what might happen
- speak without thinking and interrupt conversations
- react quickly to how you are feeling

Being **hyperactive** means that you might:

- have lots of energy or feel restless
- be very talkative
- get bored easily
- do lots of different things at the same time

Practical tips

- The [STOP](#) technique (**S**top, **T**ake a breath, **O**bserve, **P**roceed) may help you pause before acting
- A “brain dump” – writing extra thoughts in a notepad or phone – may help you park thoughts for later
- Shopping might feel easier when you are not tired or hungry
- Waiting for 24 hours before making a big decision might help see how you really feel
- A small fidget tool (like a key ring, blue tac, or elastic band) may help keep your hands busy
- Short movement breaks might help you to use up some energy
- Getting some movement before a meeting or journey may help sitting still easier
- [Mindfulness](#) exercises might help manage impulsive feelings

Where can I find more help?

[ADHD Video Resources](#)[ADHD UK - Strategies](#)[MyApp: My Mental Health - ADHD](#)[YouTube - How to ADHD](#)

Memory

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How this affects me

ADHD can make it harder for your brain to hold information while doing something. For example working on a task, or solving a problem. This means people with ADHD may lose things, forget instructions, or miss appointments. ADHD brains often process information in a disorganised way. This makes it harder for the brain to move information into long-term memory.

Practical tips

- Alarms or calendar reminders may help you remember things throughout the day
- Visual reminders like whiteboards or post-it notes (in a place you will see them) might help
- Keeping important items - like keys, wallet or letters - in the same place every day may make them easier to find
- Checklists or to do lists may help keep track of jobs
- Breaking big information into smaller chunks might make it easier to remember
- Repeating information out loud or writing it down may help it to stick
- Brain teasers, memory games or puzzles might help keep your memory active

Where can I find more help?

[ADHD UK - Strategies](#)[Video: ADHD & Executive Functioning](#)[MyApp: My Mental Health - ADHD](#)[ADHD and working memory challenges](#)

Planning, organisation and time

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How this affects me

People with ADHD may struggle with planning, organising, and managing their time. It can be hard to judge how much time has passed, or to estimate how long a task will take. Sometimes it can feel that there is too much to do. This can feel overwhelming and make it difficult to know where to start. Using timers, alarms and routines can help you to stay on track.

Practical tips

- Alarms or calendar reminders may help you know when to start or switch tasks
- Checklists or to-do lists could help you stay organised
- Breaking big tasks into smaller steps may help them feel easier
- Asking for clear deadlines may help you plan your time
- The 5 second rule (counting 5-4-3-2-1 and then starting the task) may help you get going
- Tracking how long tasks usually take may help with future planning
- Reducing your choices to a few options might make decisions easier
- Telling someone about a task and asking them to check in may help you stay motivated

Where can I find more help?

[ADHD UK - Strategies](#)[ADHDadultUK - Resources](#)[Video: ADHD & Executive Functioning](#)[MyApp: My Mental Health - ADHD](#)[YouTube - How to ADHD](#)

Understanding your emotions

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How this affects me

People with ADHD may feel emotions more strongly. They may react more strongly too. Recognising your feelings and understanding the link to ADHD is important. People with ADHD may also have Rejection Sensitivity Dysphoria (RSD). People with RSD have very strong feelings when they think someone is being unkind. Even small things can make you feel upset, worried, or angry. You may feel shame or that you are not good enough. This may mean you want to stay away from other people. Or avoid situations where you think you could be rejected or judged. This can make you avoid trying new things.

Practical tips

- Noticing signs early, like clenched fists or tense muscles, may help you understand your emotions sooner
- Short breaks may help when things feel overwhelming
- A quiet space may help you reset
- Mindfulness or grounding techniques - like [breathing exercises](#) or counting backwards – might help you calm down
- You could try this 3-step process:
 1. Notice which emotion you're feeling
 2. Notice how the emotion feels in your body
 3. Try seeing the situation in a different way
- An emotion diary or journal might help you spot patterns
- A “toolbox” of helpful items (like calming objects or notes) may support you during strong emotions
- A code word with trusted people might help show when you need space

Where can I find more help?

[ADHD in adults - NHS](#)[MyApp: My Mental Health - ADHD](#)[ADHD and emotional dysregulation](#)[YouTube - How to ADHD](#)

Self-esteem and motivation

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How this affects me

People with ADHD often have low self esteem. This means they may not feel good about themselves. Problems with attention, organisation and controlling impulses can lead to criticism. People may also criticise themselves and feel they are not good enough. ADHD can also make managing emotions difficult. Feeling sensitive to criticism and rejection can make self esteem worse. ADHD can also affect motivation. This makes it harder to start tasks or to finish them. Breaking tasks up into smaller, easier steps can help.

Practical tips

- [Body Doubling](#) (doing a task with someone else, in person or online) may help you focus
- Pairing less enjoyable tasks with something you enjoy might make them easier
- Turning tasks into a game may help with motivation
- The 5 second rule (counting 5-4-3-2-1 and then starting the task) may help you start tasks
- ADHD or neurodiversity peer groups may offer support
- Celebrating achievements – even small ones – may help build confidence

Where can I find more help?

[ADHD Video Resources](#)[ADHD and perfectionism](#)[YouTube - How to ADHD](#)

Sensory processing

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How this affects me

Our senses send information to our brains to help understand the world around us. In ADHD this can cause strong feelings to things other people may not notice. For example bright lights, loud noises, certain textures, or strong smells. Too many sensations can feel overwhelming and make it hard to focus. It can make people feel worried, stressed, or annoyed. Sometimes it can cause physical feelings, like feeling sick or dizzy. Some people may also seek out sensations. For example by moving about, fidgeting or chewing things.

Practical tips

- Fidget tools or a sensory toolbox might help with sensory needs
- Noise-cancelling headphones or ear plugs may reduce distractions
- Regular breaks or movement breaks might help you reset
- A weighted blanket may help you feel calm
- Adjusting your space – lighting, clutter, window blinds - might help
- Having a calm area to go to may help when feeling overwhelmed
- Spotting triggers for overstimulation or understimulation may help you plan ahead
- Doing activities at quieter times (like shopping) may reduce stress

Where can I find more help?

[Attack on the senses](#)[ADHD in adults - NHS](#)[YouTube - How to ADHD](#)

Sleeping well

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How this affects me

ADHD can mean that you have some challenges with your sleep. You may sleep for shorter periods. You may have problems falling asleep and staying asleep. Not everyone with ADHD needs the same amount of sleep. Try not to compare yourself to others or set goals that feel unrealistic. Instead, focus on finding out what works best for you. See how much sleep helps you to feel your best, then build your bedtime routine around that.

Practical tips

- A screen “curfew” (no phone, tablet or laptop for an hour before bed) might help sleep
- A calming bedtime routine – like a bath, breathing exercises, stretching, reading or calming music – may help
- Try to avoid caffeine, alcohol or heavy meals close to bedtime
- A comfortable temperature and light level may help you sleep better
- Relaxation recordings might help you wind down
- Limiting long lie-ins at weekends may support a steady sleep cycle
- Light exercise during the day (like a short walk) may help with daytime tiredness

Where can I find more help?

[Understanding ADHD and sleep](#)[Sleeping well with Autism and ADHD](#)[ADHD & Sleep - The Sleep Charity](#)[MyApp: My Mental Health - ADHD](#)[YouTube - How to ADHD](#)

Employment

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How this affects me

People with ADHD have different kinds of symptoms. Some may find it hard to pay attention, remember deadlines, or finish their work. Others may find it hard to sit still or may talk over people without meaning to. ADHD can also look different in men and women. Employers have to make changes for employees who have a disability. These changes are called reasonable adjustments. ADHD may count as a disability if it makes everyday tasks harder for someone for a long time.

[Acas](#) provides free advice on workplace rights and reasonable adjustments. Adjustments may include quieter spaces, a standing desk, or extra time to plan out work.

[Access to Work](#) can help people to get or stay in work if they have a physical or mental health condition or disability.

Practical tips

- The [Pomodoro Technique](#) of working for 25-30 minutes and then taking a 5 minute break may help you work in focused bursts
- Digital planners, wall planners, Kanbans or post-it notes may help keep your tasks organised
- Noise-cancelling headphones, ear plugs, or background noise (like white noise or brown noise) might help you focus
- [Body Doubling](#) (doing a task with someone else, in person or online) may help you focus
- An end-of-day “shutdown” checklist might help you close your working day
- Regular feedback discussions may help clarify expectations
- Reasonable adjustments (like quiet zones, flexible deadlines or task chunking) may make work easier

Where can I find more help?

[ADHD and Work](#)[ADHD UK - Strategies](#)[MyApp: My Mental Health - ADHD](#)[YouTube - How to ADHD](#)

Higher education

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How this affects me

Moving from school or college to university can be overwhelming. Students with ADHD may find it hard to manage their time, stay organised, and follow a daily routine. It may be hard to concentrate during long lessons, especially in big lecture halls. Getting enough sleep may also be difficult. All of this can lead to increased stress and a risk of drop out.

Every university is different. It is a good idea to talk to the disability support team at the university. They can tell you about learning styles, help for students with ADHD, and any support groups.

You may be eligible for the government's [Disabled Students Allowance](#) to pay for any study-related support.

Practical tips

- Extra support can help – like rest breaks during exams, taking exams in quiet rooms, or study mentors
- The [Pomodoro Technique](#) of working for 25-30 minutes and then taking a 5 minute break may help manage concentration
- Noise-cancelling headphones, ear plugs or low level background noise (like white noise or brown noise) might support focus
- [Body Doubling](#) (doing a task with someone else, in person or online) may help keep you studying

Where can I find more help?

[ADHD and Students](#)[ADHD and University](#)[MyApp: My Mental Health - ADHD](#)[YouTube - How to ADHD](#)

Home life and daily routines

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How this affects me

People with ADHD can struggle to stay on top of everyday tasks. For example, shopping, cleaning or managing money. Household chores can be challenging due to

- getting distracted
- Feeling there is too much to do
- Finding it hard to start or finish jobs

Simple strategies can help you to stay organised and create a sense of structure. Try different strategies to find out what works for you.

Practical tips

- A wall or phone calendar may help you plan household tasks
- Automatic bill payments or reminders might reduce missed or late payments
- Keeping important items - like keys, wallet or letters - in the same place every day may make them easier to find
- A weekly meal plan may help you plan shopping and cooking
- Grouping similar tasks together on the same day (like laundry and tidying) might help
- Alarms or smart-speaker reminders may support daily routines
- Decluttering your home may make things easier to find
- Habit stacking – like taking medicine with a meal – may help with consistency

Where can I find more help?

[ADHD Video Resources](#)[Creating an ADHD-Friendly Home](#)[MyApp: My Mental Health - ADHD](#)[YouTube - How to ADHD](#)

Healthy relationships

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How this affects me

People with ADHD can have lots of great qualities. They are often fun to be around, exciting and full of energy. However, ADHD can make relationships a bit harder. ADHD symptoms can often cause tension with partners, families, and friends. Joining social groups and peer networks may help. Local and national organisations like ADHD Adult UK run peer support groups and community forums.

Practical tips

- The [STOP](#) technique (**S**top, **T**ake a breath, **O**bserve, **P**roceed) may help you pause before reacting when something feels upsetting
- Some people find it helpful to only check messages when they have time to reply
- Writing things down or recording important dates and times on your phone may help you remember plans
- Shared calendars may help with joint planning
- Turn-taking timers may help reduce misunderstandings around time
- Post-conversation journalling might help you understand triggers and helpful responses
- Timed time-outs may offer a chance to calm down during conflicts

Where can I find more help?

[ADHD Video Resources](#)[MyApp: My Mental Health - ADHD](#)[How Can ADHD Affect My Relationships?](#)[YouTube - How to ADHD](#)

Mental Health

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How this affects me

ADHD can affect your mental health. Talking therapies can help you understand your thoughts and feelings. They can also help you to develop coping strategies. Mindfulness can reduce stress and anxiety. It can also help improve mental health and well-being. These methods may be recommended alongside or instead of medicine. If you're worried about your mental health, ask your GP for advice.

Practical tips

- [Gratitude practices](#), like thinking of “3 good things” can improve mental health and well-being
- Practicing [mindfulness](#)
- [Breathing exercises](#) can help reduce anxiety and stress
- [Self compassion](#) practices teach you to treat yourself more kindly
- Scheduling time for exercise may support mood and energy

Where can I find more help?

[Mental health - NHS Cheshire and Merseyside](#)[ADHD and mental health](#)[ADHD in adults - NHS](#)[MyApp: My Mental Health - ADHD](#)

Crisis support

- Free helplines offer support 24/7, including NHS **111**, Samaritans (**116 123**), the Campaign Against Living Miserably (**0800 58 58 58**) and Papyrus HOPELINE247 (**0800 068 41 41**)
- If you don't want to talk on the phone, you can text “**SHOUT**” to **85258**
- If you are in immediate danger or have seriously harmed yourself, call **999** or go to A&E



Safety and risk

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How this affects me

A common part of ADHD is being impulsive. This means it can be hard to stop and think before doing something. People with ADHD may make decisions quickly without thinking about what could happen. This can lead to risky or addictive behaviour. For example, taking drugs, gambling, compulsive shopping, or driving in an unsafe way. You may do these things because you feel bored, worried, or stressed. Or it may be to help with your ADHD symptoms. Having ADHD can also make accidents more likely, whether on the road, at home or at work.

Practical tips

- Reducing distractions – like putting your phone on ‘do-not-disturb’ while driving – can help with safety
- Safety equipment, like a bike helmet when cycling, can help prevent injury
- Breaking tasks into smaller steps might help reduce errors
- A crisis or safety plan may help you feel prepared
- A home safety checklist may help reduce risks
- Using induction hobs that automatically switch off, or setting timers when cooking can help prevent accidents

Where can I find more help?

[ADHD Video Resources](#)[ADHD and accidents](#)[YouTube - How to ADHD](#)[MyApp: My Mental Health - ADHD](#)

Financial and legal risk

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How this affects me

People with ADHD sometimes have money and legal problems because of their symptoms. This may be because they

- spend money without thinking
- forget to pay bills or fines
- find it hard to plan and save

They may also have problems with debt, driving offences and accidents. This this can lead to more contact with the polict or the courts.

Practical tips

- Budgeting tools or apps can help you keep track of money
- Setting up direct debits can help avoid missed or late payments
- Breaking financial tasks into small steps may feel easier
- The 24 Hour Rule (waiting a full day before buying something non-essential) may help control impulse buys
- “Cool-off” delays may also help with spending decisions
- Calendars or other visual reminders may help with payment deadlines
- Not saving your card details online may help add a pause before buying something

Where can I find more help?

[ADHD Video Resources](#)[ADHD UK - fines and debt](#)[YouTube - How to ADHD](#)[MyApp: My Mental Health - ADHD](#)

Parenting

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How this affects me

Parents with ADHD can be very caring, creative, and full of energy. This can help them understand how their child feels. And find different ways to solve problems. However, being a parent with ADHD can be hard. Handling daily life, managing emotions, and keeping to routines can be more difficult. It is important to understand how ADHD affects you. This will help you find strategies that work for you.

Practical tips

- A wall planner or family whiteboard may help everyone see routines and plans
- Reminders like alarms, phone apps, or post-it notes might help
- Checklists for meals, school or bedtime may support routines
- [Breathing exercises](#) or counting together may help during stressful moments
- An emotion diary might help you spot your child's, and your own, triggers
- Setting aside distraction-free bonding time may help family connection
- Home safety checklists and practices safety routines may help reduce risk
- Support from partners, family, professionals, or parenting groups may make things easier

Where can I find more help?

[ADHD in adults - NHS](#)[ADHD Video Resources](#)[YouTube - How to ADHD](#)[MyApp: My Mental Health - ADHD](#)

ADHD in women

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How this affects me

ADHD in women often looks different than it does in men. Symptoms can be harder to notice. Many women try to hide their struggles which means ADHD can be missed or misdiagnosed.

Hormones can also affect ADHD symptoms. Pregnancy, perimenopause and menopause can make symptoms stronger. This means ways of coping may no longer work. Lifestyle changes such as exercising, getting enough sleep and healthy eating can help.

Where can I find more help?

[ADHD Video Resources](#)[How ADHD presents in women](#)[ADHD in women](#)[ADHD and menopause](#)