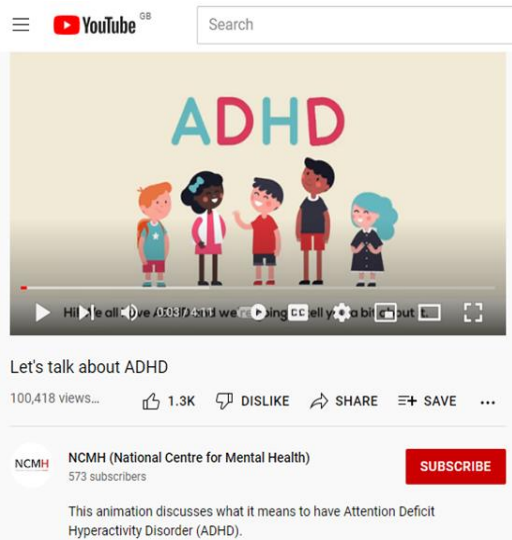
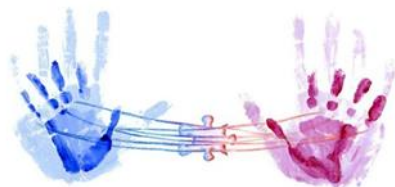


Here are some videos about ADHD which you and your child may find useful



This is a video aimed at primary school aged children, produced by the National Centre for Mental Health at Cardiff University. You can find this video by typing '**NCMH let's talk about ADHD**' into YouTube. It is also available in a Welsh version.

<https://www.youtube.com/watch?v=YeamHE6Kank>



In your post-diagnostic pack, there is a document called 'How do ADHD medications work? A guide for parents and carers'. Here are the links from the 'buttons' on page 8-9:

What is ADHD? (type 'What is ADHD? Meyer Centre' into YouTube to find it)

<https://www.youtube.com/watch?v=btygZhXPGwc>

Let me be your camera (type 'let me be your camera understanding ADHD' into YouTube)

<https://www.youtube.com/watch?v=KyOdenFEwnQ>

What is it like to have ADHD? (type 'what's it like to have ADHD ADHD voices' into YouTube)

<https://www.youtube.com/watch?v=Hl7Ro1PUJmE> (the longer film can be found at adhdvoices.com)

What is the role for ADHD medications? (type 'Flynn ADHD information video' into YouTube)

<https://www.youtube.com/watch?v=1jCeSCo9rsM>

Top 10 inspirational people with ADHD (type 'top 10 inspirational people with ADHD' into YouTube)

https://www.youtube.com/watch?v=E6LxfDFSZ0s&list=LLzOWiHz9E_4akID1Y3ANXsQ&index=206

