ADHD resources for teens

By Jen Hill


Allie Brosh writes and draws humorous comics that candidly address her idiosyncrasies and battles with depression.


Includes 15 true and compelling stories about teens and adults with ADHD and a discussion of the emotions involved in ADHD.


Katherine Ellison is a journalist, and this is her memoir of the year that both she and her 12-year-old son were diagnosed with ADHD.


A blog written by a high school student giving advice about living with ADHD.


This blog has lots of inspirational articles, particularly good are tips for being successful with ADHD.


Zoe Kessler humorously shares her story of being diagnosed with ADHD as an adult and offers readers tips and coping skills on topics such as focusing, becoming more organized and boosting their self-esteem.


Information about disability rights and requesting accommodations.


A book for tween girls, their parents and people who work with them which offers practical tips for managing ADHD and ADD.