

ADHD resources for teens

By Jen Hill

Brosh, A. (2013). *Hyperbole and a half*. Retrieved March 26, 2017 from <http://hyperboleandahalf.blogspot.ca/>

Brosh, A. (2013). *Hyperbole and a half: unfortunate situations, flawed coping mechanisms, mayhem, and other things that happened*. London: Square Peg.

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

Brown, T. (2014). *Smart but stuck: emotions in teens and adults with ADHD*. Somerset: Wiley.

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

Ellison, K. (2010). *Buzz: a year of paying attention*. New York: Hyperion.

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.

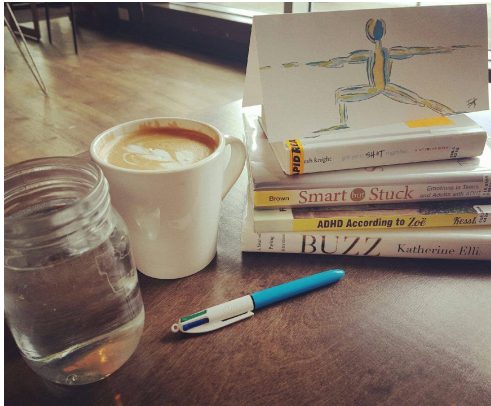


Photo by Jen Hill

Friedman, G. (2014). *AddyTeen*. [Blog]. Retrieved April 2, 2017 from <http://www.addyteen.com>

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

Harvey, B. (2017). *Smart Girls With ADHD*. Retrieved April 2, 2017 from <http://www.smartgirlswithadhd.com/>

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

Hutchingson, B. (2012, Aug 12). Exclusive Interview: Dr. Lara Honos-Webb on The Gift of ADHD. Retrieved from <http://www.adderworld.com/blog1/2012/08/12/exclusive-interview-dr-lara-honos-webb-on-the-gift-of-adhd/>

Kessler, Z. (2013). *ADHD according to Zoe: the real deal on relationships, finding your focus & finding your keys*. Oakland, CA: New Harbinger Publications, Inc.

Kessler, Z. (2017). *ADHD from A to Zoe*. [Blog]. Retrieved March 26, 2017
from <https://blogs.psychcentral.com/adhd-zoe/>

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.

Office of Disability Employment Policy, US Department of Labor. (2017). *Job Accommodation Network*. Retrieved from www.askjan.org

Information about disability rights and requesting accommodations.

Quinn, P. (2009). *Attention Girls!: A guide to learn all about your AD/HD*. Washington DC: Magination Press.

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