

Attention-Deficit/Hyperactivity Disorder (ADHD) Resources

Panelist Information

Ryan Gardner, LCSW

Peninsula Counseling and Consulting

www.peninsulacounselingandconsulting.com

Websites

- www.chadd.org
- www.additudemag.com
- www.smartbutscatteredkids.com
- www.cdc.gov/adhd/communication-resources/index.html

Books

- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder, Hallowell & Ratey
- Women with Attention Deficit Disorder, Sari Solden
- Organizing Solutions for People with ADHD: Tips and Tools to Help You Take Charge of Your Life and Get Organized, Susan Pinsky
- Smart but Scattered: The Revolutionary “Executive Skills” Approach to Helping Kids Reach Their Potential, Dawson & Guare

Podcasts

- ADHD Experts
- Taking Control: The ADHD Podcast
- More Attention, Less Deficit
- ADHD Support Talk Radio

Perinatal Resources

Panelist Information

Kate Scimia, LMFT

Oak Wellness Therapy

www.oakwellnesstherapy.com

Hotlines and Crisis Services

- Suicide Crisis and Lifeline 988 (text or call, English and Spanish, 24/7)

- Postpartum Support International (www.postpartum.net)
 - Helpline 1-800-944-4773 (text or call, English and Spanish)
- National Maternal Mental Health Hotline (www.mchb.hrsa.gov/national-maternal-mental-health-hotline)
 - Helpline 1-833-943-6746 (over 60 languages, 24/7)
- El Camino Health Women's Specialty Inpatient Unit (www.elcaminohealth.org/womens-specialty-unit)
 - Inpatient unit in El Camino Health (Mountain View, CA) provides intensive psychiatric care specifically designed for women/birthing individuals experiencing perinatal mood and anxiety disorders (PMADs), postpartum depression, postpartum psychosis, pregnancy-related trauma, and other mental health crises related to reproductive life stages
- Return to Zero: H.O.P.E. (www.returntozerohope.org)
 - Supporting families who have experienced pregnancy loss, stillbirth, infant loss, or trauma related to pregnancy and early parenthood

Books

- Good Moms Have Scary Thoughts: A Healing Guided to the Secret Fears of New Mothers", Karen Kleiman
- Not Your Mother's Postpartum Book, Slavens & Bodie
- What About Us? A New Parents Guide to Safeguard Your Over-Anxious, Over-Extended, Sleep-Deprived Relationship, Karen Kleiman

Other Resources

- **National Alliance on Mental Health:** www.nami.org
 - Talk to someone, get educated, and get connected with local resources via local NAMI chapters. Support groups are often offered for caregivers of loved ones with mental health challenges