

# ADHD Toolkit: Resources & Tips for Women



Hi there! If you're looking for a great place to start, these resources include inspiring podcasts, must-read books, and handy tools for your ADHD journey.

## Organisations

[ADDitude Magazine \(USA\)](#)  
[www.additudemag.com](http://www.additudemag.com)

[ADHD Australia](#)  
[www.adhdaustralia.org.au](http://www.adhdaustralia.org.au)

[ADHD WA](#)  
[www.adhdwa.org](http://www.adhdwa.org)

## Podcasts

Smart Ass Women with ADHD  
[Spotify](#) [Audible](#)

ADHD Experts Podcast (By ADDitude Mag)  
[Spotify](#) [Audible](#)

Women & ADHD  
[Spotify](#) [Audible](#)

## Books & Audiobooks

The Year I Met My Brain by Matilda Boseley  
[Audible](#) [Amazon](#)

ADHD Explained by Dr Edward M Hallowell (Best in print - graphics)  
[Amazon](#)

Succeeding with Adult ADHD by Abigail Levrini  
[Audible](#) [Amazon](#)

## Video

'How To ADHD' by Jessica McGabe  
(YouTube Channel)

'Adult Adhd' by Insight, SBS

[ADHD in Girls & Women by Martha Barnard-Rae](#) (TEDx on YouTube)

## Research

[Australian Evidence-Based Clinical Practice Guideline for ADHD - Consumer Companion](#)  
[www.adhdguideline.aadpa.com.au/consumer-companion](http://www.adhdguideline.aadpa.com.au/consumer-companion)

[Menopause, Hormones & ADHD: What We Know, What Research is Needed](#)  
[www.additudemag.com/menopause-hormones-adhd-women-research](http://www.additudemag.com/menopause-hormones-adhd-women-research)

## Apps & Tools

[Focusmate](#) - Online Body Doubling  
[www.focusmate.com](http://www.focusmate.com)

[PsychCentral ADHD Quiz](#)  
[www.psychcentral.com/quizzes/adhd-quiz](http://www.psychcentral.com/quizzes/adhd-quiz)

[Goblin Tools](#)  
[www.goblintools.com](http://www.goblintools.com)

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