



ADD / ADHD Resource List

SIUE Student Support Services

- Career Development Center (CDC) –
 - “Assists students by incorporating career counseling and development with cooperative education and internships in a comprehensive program to prepare students to enter the world of work. The CDC is a starting point for students to find valuable career information.”
 - <https://www.siue.edu/career-development-center/index.shtml>
- Retention and Student Success (ORSS) –
 - “Provides resources and support to help students meet the demands of college and become successful graduates. The ORSS includes services such as: student mentoring, academic planning, and resource management.”
 - <https://www.siue.edu/retention/>
- Counseling Services –
 - “SIUE Counseling Services can help provide short-term assistance for students with a variety of concerns. They operate with the highest ethical standards in an effort to foster psychological well-being and development.”
 - <https://www.siue.edu/counseling/>
- Learning Support Services –
 - “Learning Support Services provides academic support to SIUE students through a variety of programs. These include: Academic Development Courses, Testing Services, Open-Access Tutoring Centers, and many other services.”
 - <https://www.siue.edu/lss/>
- Tutoring Resource Center –
 - “Held within Learning Support Services and serves the purpose of helping SIUE students succeed in their courses by offering a supportive learning environment. Offers walk-in tutoring to SIUE students for no additional cost for a variety of courses.”
 - <https://www.siue.edu/lss/tutoring-resource-center/index.shtml>
- ACCESS –
 - “ACCESS is dedicated to promoting an accessible SIUE campus community to ensure that all students are afforded an equal opportunity to be successful. ACCESS offers a variety of ways to accommodate individual student needs and serves as a bridge between the classroom and the commencement stage.”
 - <https://www.siue.edu/access/>

Edwardsville & Madison County Resource Lists

- Edwardsville Township Community Resource Directory
 - <https://edwardsvilletownship.com/wp-content/uploads/2019/08/Edwardsville-Township-Community-Resource-Directory-2019-2020-2.pdf>
- Madison County Community Resource Packet
 - <http://roe41.org/pdffiles/MadisonCountyHomelessResources.pdf>

Find Services & Support

- Counselor Referrals - Edwardsville & Surrounding Areas
 - This referral list is comprised of several counselors that treat various disorders in the Edwardsville and surrounding area. This list includes counselors with sliding scale or reduced fees.
 - https://drive.google.com/file/d/1mEXJWxBgkQ9l2EbkpolzK_0_ZG0cGfMy/view?usp=sharing
- Community Mental Health Referrals – Edwardsville & Surrounding Areas
 - This referral list is comprised of several agencies that provide comprehensive mental health treatment in the Edwardsville and surrounding area. This list includes agencies with sliding scale and reduced fees.
 - https://drive.google.com/file/d/1eXnVV6s6qPxrGoFB5Wh_WUiSLgB8X7mOx/view?usp=sharing
- Missouri Sliding Scale Counseling Agencies
 - This referral list is comprised of several sliding scale counseling agencies in Missouri.
 - <https://drive.google.com/file/d/1S17SuL8F6sVsJAI9JEbg8nTEyVLo3A2G/view?usp=sharing>
- Psychology Today
 - Use to find therapists, teletherapy, psychiatrists, treatment centers, and support groups near you.
 - <https://www.psychologytoday.com/us/therapists>
- American Psychological Association
 - Psychologist locator
 - <https://locator.apa.org/>



Organizations - Resources & Hotlines

- National Center for College Students with Disabilities (NCCSD)
 - Clearinghouse & Resource Library
 - <https://www.nccsdclearinghouse.org/>
 - “Text 741741 when you are feeling depressed or suicidal. A crisis worker will text you back immediately and continue to text with you. It’s free to ANYONE living in the U.S. and run by the Crisis Text Line.”
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
 - <https://chadd.org/>
 - ADHD Helpline with Health Information Specialists
 - 1-866-200-8098. Monday—Friday, 1 pm—5 pm EST
- Learning Disabilities Association of America (LDA)
 - “LDA visualizes a world in which learning disabilities are universally understood, so all individuals are accepted, supported, and empowered to live a self-determined life. LDA’s mission is to create opportunities for success for all individuals affected by learning disabilities through support, education, and advocacy.”
 - <https://ldaamerica.org/>
 - Learning Disabilities/ADHD Information Resources
 - <https://ldaamerica.org/resources/ld-adhd-information-resources/>
 - Locate the affiliate nearest you.
 - <https://ldaamerica.org/support/state-affiliates/>

Assistive Technology Tools

Learning Disorder Research Foundation -

The following links discuss a variety of assistive technology tools, their benefits, and how to access them. Some are free to use, and some require a subscription but come with a free trial.

- *Top Best Assistive Technology and Apps for Learning Disability- Overview*
 - <https://www.ldrfa.org/assistive-technology-tools/>
- Text To Speech (TTS)
 - “Text-to-speech converts text on a screen into speech. These programs allow people with reading disabilities to listen to written words (such as books, newspapers articles, textbooks) on a variety of devices.”
 - <https://www.ldrfa.org/assistive-technology/text-to-speech/>

- Digital Book Sources
 - “Reading apps allow you to highlight and take notes on an article or a book and save them. You can also search your notes and highlights later if you are looking for a specific piece of information. Notes and highlights can be printed out so you can study, or look for material to use in a paper.”
 - <https://www.ldrfa.org/assistive-technology/digital-book-sources/>
- Speech To Text (STT)
 - “Speech to text can be very useful, particularly for students with dyslexia. However, individuals must remember to check their work when using this feature as it does not always “understand” you correctly.”
 - <https://www.ldrfa.org/assistive-technology/speech-to-text/>
- Literacy Suites
 - “These programs combine several functionalities such as TTS, STT, word prediction, specialized dictionaries and different kinds of e-text annotation. Many have OCR capabilities so “inaccessible text,” such as text in pictures or locked PDFs, can be read. Most are compatible with a variety of e-text formats so a student can import an e-book, a web article, a Google doc or a text from Bookshare. Many support several languages. Most of these packages today have a web-based component as well as having downloadable software so they can be used on different devices easily. These are more complicated than the other one-task apps, so training is the key! Often the companies or college guidance offices will provide this if you ask.”
 - <https://www.ldrfa.org/assistive-technology/literacy-suites/>
- Organization and Study Tools
 - Includes web-based organization, cloud storage, and study and note-taking apps.
 - <https://www.ldrfa.org/assistive-technology/organization-and-study-tools/>

Mobile Phone Applications –

- *25 Great Mobile Apps for ADHD Minds*
 - “Forgetful? Disorganized? Time-blind? These ADHD apps and resources won’t cure your ADHD symptoms, but they can help level the playing field — if used consistently.”
 - <https://www.additudemag.com/mobile-apps-for-adhd-minds/>
- *College? There’s an App for That.*
 - “With an alarm that makes you chase it around the room, and a pen that records everything you write and hear, you won’t miss a beat in college. Find out why these apps and tools help students with ADHD stay on track at school.”
 - <https://www.additudemag.com/college-organization-apps/>

Self-Help Resources

Therapist Aid Worksheets -

- *Managing ADHD*
 - “This worksheet describes five key skills that can often help those with ADHD. The skills include, creating structure, setting aside time for relationships, staying organized, creating the right environment, and living a healthy lifestyle. Each section describes the importance of the skill, and tips to implement it successfully.”
 - <https://www.therapistaid.com/worksheets/managing-adhd.pdf>
- *Tips for Managing ADHD*
 - “By organizing some of the most important ADHD management skills into one short list, this handout was designed to make it more likely that skills will be retained and used. This worksheet provides an overview of common strategies for handling adult ADHD, such as creating a daily schedule, breaking down large tasks, and identifying procrastination behaviors.”
 - English - <https://www.therapistaid.com/worksheets/tips-for-managing-adhd.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/tips-for-managing-adhd-spanish.pdf>
- *Focus Plan*
 - “For adults with ADHD, it can be difficult to focus on important tasks. ADHD may lead to procrastination, distraction, feelings of overwhelm, or simply forgetting about the task. CBT for ADHD teaches practical skills to address these challenges. This worksheet combines these practical skills into a simple planning process. You will define a task you need to complete, break it into smaller parts, and schedule time you can dedicate to the task. Finally, you will imagine the benefits of completing the task. This counteracts the tendency for adults with ADHD to focus on the process of a task—which may be difficult or undesirable—as opposed to the positive outcome.”
 - English - <https://www.therapistaid.com/worksheets/adhd-focus-plan.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/adhd-focus-plan-spanish.pdf>
- *Study Tips for ADHD and Test Anxiety*
 - “Study skills help to reduce test anxiety, improve focus, and increase motivation to do well on tests. Good study habits are important for all students, but they are particularly beneficial for those with ADHD or test anxiety. This worksheet describes several research-based tips and techniques to improve how students study and prepare for tests. Some of the skills described include establish a study routine, set specific study goals, make studying a priority, and take care of your mind and body.”
 - English - <https://www.therapistaid.com/worksheets/study-tips.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/study-tips-spanish.pdf>



Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) –

- ADHD Fact Sheets & Tips
 - Cover a variety of topics: ADHD overviews, finding the right professionals for diagnosis and treatment, medication options, behavior management, co-occurring disorders, time management, managing money, and more.
 - <https://chadd.org/understanding-adhd/adhd-fact-sheets/>
- ADHD & COVID-19 Resources Toolkit
 - “Simple Solutions for Living Through a Pandemic- Resources to help you cope with the stress, anxiety, and the challenges created by virtual learning, working remotely, and family conflicts during the pandemic can be found in this toolkit.”
 - <https://chadd.org/nrc-toolkit/>

About ADD / ADHD

- Therapist Aid – *What is ADD / ADHD?*
 - “Printout covers the most important areas of psychoeducation related to ADHD with simple and easy-to-understand language. The areas that are discussed include symptoms, what ADHD really looks like, the biological basis of ADHD, and an overview of treatment options.”
 - English - <https://www.therapistaid.com/worksheets/what-is-add.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/what-is-add-spanish.pdf>
- National Institute of Mental Health
 - ADHD – The Basics
 - https://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder-adhd-the-basics/qf-16-3572_153275.pdf
 - Learn more
 - <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/>

