

Zdroje a informace pro ženy s AD(H)D

Vysvětlení a informace v češtině:

Nepozornidospeli.cz

Národní zdravotnický informační portál:

<https://www.nzip.cz/clanek/677-adhd-u-dospelych>

Blog terapeutického centra Hedepy:

<https://hedepy.cz/temata/adhd>

Vysvětlení a informace v angličtině:

<https://adhd-women.eu/>

Adhsspektrum.com

www.myadhs.com

Informace o AD(H)D na sociálních sítích:

The mini ADHD Coach (Instagram)

ADHDoers (Instagram)

Některé užitečné aplikace pro lepší zvládání AD(H)D

(v angličtině):

Remember the milk

Evernote

Focus@Will

Todoist

Forest

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