

## 1. Social Media

### How to ADHD

- [Instagram](#)
- [TikTok](#)
- [Youtube](#)

### Dani Donovan

- [Dani Donovan Website](#)
- [@danidonovan • Instagram](#)
- [@danidonovan TikTok](#)
- [ADHD Comics / Twitter](#)

### Authentically ADHD

- [Authentically ADHD Website](#)
- [Instagram](#)
- [Jak Outside The Box - YouTube](#)

### Mindfully ADHD

- <https://nicholebcoaching.com/>
- [Instagram](#)

ADHD Understood: [Instagram](#)

### The Mini ADHD Coach

- [The Mini ADHD Coach Website](#)
- [Instagram](#)
- [The Mini ADHD Coach - YouTube](#)

### The ADHD Accountant

- [Instagram](#)
- [ADHD Money - YouTube](#)

ADHD Actually: [Instagram](#)

Candin Philips: [Instagram](#)

Dr. Jen Wolkin: [Instagram](#)

Adrianna ADHD Coach: [Instagram](#)

Dr. Janina: [Instagram](#)

### **Britney Brown**

- [Instagram](#)
- [TikTok](#)
- [Imperfect Inspiration - YouTube](#)

### **ADHD While Black: [TikTok](#)**

### **KC Davis / Domestic Blisters**

- [KC Davis Instagram](#)
- [Kc Davis \(@domesticblisters\) Official TikTok](#)
- [KC Davis - YouTube](#)

### **Catie Osborn**

- [@catieosaurus • Instagram](#)
- [TikTok](#)
- [Catieosaurus - YouTube](#)

### **The ADHD Doctor**

- [Instagram](#)
- [@thepsychdoctormd Official TikTok](#)
- [Sasha Hamdani MD - YouTube](#)

### **Hayley Honeyman**

- [TikTok](#)
- [Hayley Honeyman - YouTube](#)

### **Courtney Carini**

- [Instagram](#)
- [TikTok](#)

### **Flaming ADHD: [TikTok](#)**

### **Black Girl Lost Keys**

- [Black Girl, Lost Keys Website](#)
- [René Brooks • Instagram](#)
- [Black Girl Lost Keys- Twitter](#)

## **2. Apps**

### **Finch Self Care App: Free** (paid upgrade available but not necessary)

*Meet your new self care best friend! Finch is a self care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of self care exercises personalized for you.*

**Includes: Goal setting, Habit Tracker, Check-Ins, Tools & Exercises, Game**

- [Finch: Self Care Widget Pet - Apps on Google Play](#)
- [Finch: Self Care Widget Pet on the App Store](#)

**Inflow: Free trial, \$47.99 a month or \$199.99 a year**

*Inflow is designed by people with ADHD, for people with ADHD. We're not a glorified pomodoro timer or calendar. We're a science-based digital program, here to help you manage your ADHD/ADD.*

**Includes: Skill building, Peer support, Coaching, Task Prioritization, Education, Structure**

- [Inflow](#) Website
- [Inflow ADHD - Apps on Google Play](#)
- [Inflow ADHD on the App Store](#)

**ToDoist: Free** (paid upgrade available but not necessary)

*Todoist is a delightfully simple yet powerful task manager and to-do list app. Finally, organize your work and life. Add & organize tasks across platforms.*

**Includes: Task list/To-do list, Task Organization**

- [ToDoist](#) Website
- [Todoist: To-Do List & Planner on the App Store](#)
- [Todoist: to-do list & planner - Apps on Google Play](#)

### 3. Books

- [Driven to Distraction](#) by Edward Hallowell, M.D. and John Ratey, M.D.
- [A Radical Guide For Women With ADHD](#) by Sari Solden, MS and Michelle Frank, PsyD
- [Order From Chaos](#) by Jaclyn Paul
- [Thriving With Adult ADHD](#) by Phil Boissiere, MFT
- [Your Brain's Not Broken](#) by Tamara Rosier, PhD
- [Organizing Solutions for People with ADHD](#) by Susan Pinsky
- [Laziness Does Not Exist](#) by Devon Price, Ph.D.
- [How To Keep House While Drowning](#) by KC Davis, LPC
- [ADHD 2.0](#) by Edward M. Hallowell, M.D. and John J. Ratey, M.D.