

NMH

Free Resource Pack

Lesson 1

- [NHS \(2023\) Attention deficit hyperactivity disorder \(ADHD\)](#)
- [National Institute for Health and Care Excellence \(NICE\) \(2018\)](#)
- [Attention deficit hyperactivity disorder: diagnosis and management. \[NG87\].](#)
- [National Health Service \(NHS\). \(2023\). Attention Deficit Hyperactivity Disorder \(ADHD\).](#)
- [NHS \(2023\). Attention Deficit Hyperactivity Disorder \(ADHD\): Diagnosis.](#)
- [ADHD Foundation. \(2023\). University support for students with ADHD](#)
- [NHS \(2023\). ADHD: Living with ADHD.](#)
- [National Autistic Society \(2023\)](#)
- [NHS \(2023\) How to get diagnosed with autism.](#)
- [National Health Service \(NHS\) \(2023\) What causes autism? Autism and SPELL in higher education | National Autistic Society](#)
- [Navigating the Challenges of ADHD in University | The ADHD Centre](#)

Lesson 2

- [Medical model | Devon County Council](#)
- [The Medical Model of Disability | A.L.F.I.E.](#)
- [Social model of disability | Scope](#)
- [Social Model of Disability: Language | Disability Rights UK](#)
- [Biopsychosocial Model | Physiopedia](#)
- [The Biopsychosocial Model | Shorts in Psychology](#)
- [Neurodiversity and the Social Model of Disability | Disability Wales](#)
- [Social Model vs Medical Model of disability | Disability Nottingham](#)
- [Person-First and Identity-First Language | EARN](#)

Lesson 3

- [Ausitica](#)

- [Mind](#)
- [Making Sense of Sensory Overload in Autism and ADHD | Psychology Today](#)
- [National Autistic Society \(2023\) Bullying and autism.](#)
- [ASD and ADHD Comorbidity: What Are We Talking About? | National Library of Medicine](#)
- [How to fall asleep faster and sleep better | NHS](#)
- [What is masking? | National Autistic Society](#)
- [Stimming and autism | NHS](#)
- [Alexithymia | Autistica](#)
- [Self-harm and autism | Autistica](#)
- [Understanding neurodiversity and the risk of suicide | Papyrus](#)
- [Mental Health Foundation](#)

Lesson 4

- [Neurodivergent \(Autism and ADHD\) student experiences of access and inclusion in higher education: an ecological systems theory perspective. High Educ \(2024\).](#)
- [Coping with university life using mindfulness and sensory strategies | National Autistic Society](#)
- [Social Communication / Autism | NHS](#)
- [NMH Requirements | Gov.uk](#)
- [Disabled Students' Allowance \(DSA\) Non-Medical Help \(NMH\) provider guidance | Gov.uk](#)
- [Maintaining Boundaries | Advance HE](#)
- [What It Takes to Sustain Significant Relationships | Psychology Today](#)

Lesson 5

- [The Hidden Curriculum: Supporting Neurodivergent Learners in Navigating the Unwritten Rules of Higher Education](#)
- [Social dynamics of energy behaviour | Nature Energy](#)
- [Navigating Friendships and Relationships on the Spectrum | ASD Helping Hands](#)
- [Loneliness | National Autistic Society](#)
- [Study Skills for Neurodivergent Students | University of Derby](#)
- [Social Anxiety | NHS](#)
- [Monotropism.org](#)
- [Disabled Students' Allowance \(DSA\) Guidance](#)
- [Assistive Technology | Gov.uk](#)

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