SPECIFIC PERFORMANCE DIFFICULTIES
A WORKING PERSON'S GUIDE

RESOURCES

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A. ADVICE ORGANIZATIONS

Dyslexia
British Dyslexia Association  0845 251 9002  www.bdadyslexia.org.uk
PATOSS  01386 712 650  www.patoss-dyslexia.org

Dyspraxia
Dyspraxia Foundation  01462 459 986  www.dyspraxiafoundation.org.uk
Dyspraxia UK  01795 531 998  www.dyspraxiauk.com

ADHD
Simply Well Being  020 8099 7671  simplywellbeing.com
AADD-UK  aadduk.org
ADDiSS  020 8952 2800  addiss.co.uk
ADDERS  adders.org

Help for emotional problems
Counsellors:  www.counselling-directory.org.uk
Cognitive Behaviour therapists:  www.babcp.com
Psychotherapists:  www.bacp.co.uk
Therapists and counsellors who have specialist knowledge about specific
B. BOOKS AND GUIDES

Self-help for employees with dyslexia, dyspraxia, ADHD


*Living with Dyspraxia* by Mary Colley. Jessica Kingsley.


*How to Succeed in College and University with Specific Learning Difficulties*. Amanda Kirby. Souvenir Press.


General introductions


