

ADHD

What is it?

ADHD, or attention-deficit/hyperactivity disorder, is one of the most common neurodevelopmental conditions of childhood. It is usually diagnosed during childhood and lasts throughout adulthood. People with ADHD typically have difficulty paying attention, controlling impulse behaviors, or may be overly active.¹



Symptoms

Some symptoms of ADHD include:¹

- Daydreaming a lot
- Squirming or fidgeting
- Having trouble taking turns
- Having a difficult time resisting temptation
- Forgetting or losing stuff often
- Having difficulty getting along with others



How to Address it

Addressing and treating ADHD is different for everyone, but the first step should be talking to a qualified mental health professional if you are feel like your mental health needs help. They can help determine which treatment would be best for you, and help you work through what is going on.

Always remember that is is okay to talk to someone, whether it's family, friends, or any trusted adult, when you are feeling down and think you made need some help. Being healthy is also important when it comes to addressing ADHD. Having a healthy lifestyle can help make it easier to

manage some of the symptoms.¹

