

# WHAT IS...ADHD?

ADHD stands for Attention-Deficit/Hyperactivity Disorder. People with ADHD can have trouble focusing and/or are really hyper and do things without thinking.



## SYMPTOMS

- Trouble paying attention and staying focused
- Feeling like you always need to be moving
- Fidgeting and squirming when having to sit
- Talking a lot, even when it's time to be quiet
- Hard time following directions
- Forgetting easily and losing important items
- Making mistakes on schoolwork because of small details
- Trouble sitting for a long amount of time
- Blurting out and interrupting people

NO ONE REALLY KNOWS WHAT CAUSES ADHD, BUT THEY DO KNOW THAT THERE ARE DIFFERENCES IN THE BRAIN ACTIVITY OF PEOPLE WHO HAVE IT. ADHD MAY ALSO RUN IN FAMILIES AS WELL.

## TREATING ADHD

### MENTAL HEALTH THERAPY

Working with a therapist can help someone with ADHD learn how to manage their behavior. Therapy can help them learn different ways to stay focused and be less hyper and impulsive. This will hopefully improve their behaviors, grades, and relationships.

### MEDICATION

There are many different types of medication that are helpful for ADHD. Medication is not always needed, but it can help reduce the hyper behaviors and make it easier to focus.

**EVEN THOUGH THERE IS NO CURE FOR ADHD, MANY PEOPLE LEARN HOW TO MANAGE THE SYMPTOMS AND LIVE A SUCCESSFUL LIFE!**