

What is ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental disorder (a condition that emerges in childhood). ADHD changes the way that the brain organises and coordinates information.

ADHD looks different for everyone, but symptoms often reflect a difference in:

- Attention.
- Activity and impulsiveness.

People with ADHD might find it difficult to:

- Concentrate on a project
- Switch between tasks/activities
- Sit still.
- Organise and plan ahead
- Hold lots of things in memory
- Keep to a routine.

Medication is a first line treatment: for people with ADHD, medication can:

- Improve concentration regulation decrease restlessness.
- Improve ability to organise and retain information.

Talking therapy can also be recommended.

Find Out More:

ADHD Foundation:
www.adhdfoundation.org.uk/

If you think you might be experiencing symptoms of ADHD, book an appointment with a GP to discuss this further: they will be able to give you guidance and advice.

Myth:

People with ADHD should try harder.

Fact:

ADHD is linked with biological differences in the areas of the brain that govern organisation and self-management. The symptoms people with ADHD experience are not a choice: they are a result of differences in their brain's development and chemistry.

