

# Attention Deficit Hyperactivity Disorder (ADHD)

## ? What is it?

- ADHD affects how the brain works; it can make it hard to focus and stop yourself from acting on urges
- It can make it tough to pay attention and stay organized
- It can also affect how you feel and how you get along with others
- ADHD is not caused by a person's choices or behavior; it's a condition that starts in childhood
- ADHD is common; many adults have it, so you're not alone

## ⚙️ What can cause it?

ADHD is not caused by one thing; many things can increase your chances of having it:

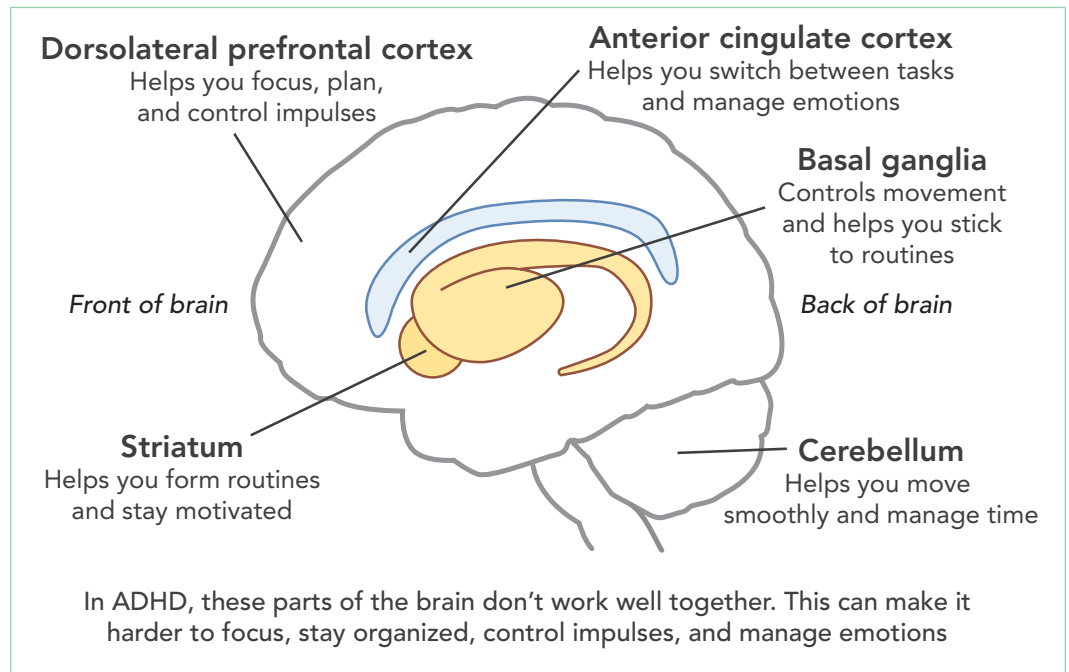
- Having someone in your family with ADHD
- Differences in how the brain looks or works
- Exposure to smoking, alcohol, or drugs before birth
- Being born too early (premature) or too small
- Early exposure to lead
- Growing up or living in a stressful home
- Having other mental health conditions like anxiety or depression

*Many things can work together to cause ADHD. Having these things doesn't mean you'll get ADHD for sure.*

## 📄 What are common signs?

- Getting distracted easily and forgetting things
- Losing things or struggling to keep track of tasks
- Feeling restless or having trouble sitting still
- Interrupting others or making quick decisions
- Starting things but not finishing them
- Having trouble planning your day or meeting deadlines
- Feeling frustrated or upset often

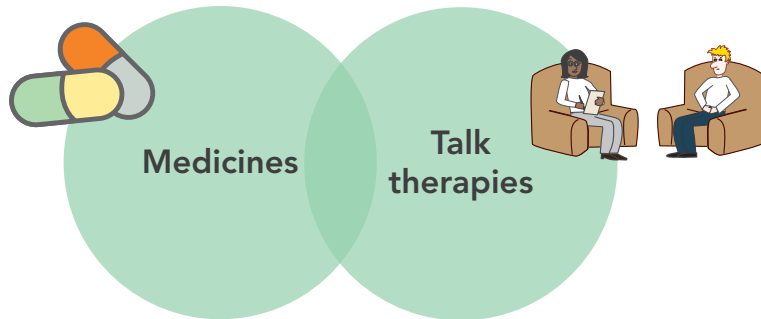
## 🧠 How does it affect the brain?



# Attention Deficit Hyperactivity Disorder (ADHD)



## How can it be treated?



Adding exercise to your treatment may help improve focus and impulse control



*Your health professional can help you choose the best treatment or combinations of treatments for you. Sometimes, people need to try a few different things before they find what works best.*



## When should I seek help?

- If staying organized or focused is consistently difficult
- If work or relationships are being affected because of ADHD symptoms
- If impulsive decisions are causing ongoing problems

### Get help right away if you:

- If ADHD is making it hard to keep a job, stay safe, or manage your mood



## Where can I get more help?

Suicide & Crisis Lifeline — Call or text 988

National Alliance on Mental Illness (NAMI) — [nami.org](https://www.nami.org)

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) — [chadd.org](https://www.chadd.org)

## WHAT YOU NEED TO KNOW

- ✓ ADHD is a medical condition caused by differences in brain function, not laziness or lack of willpower
- ✓ Many adults were not diagnosed as children, but symptoms continue into adulthood
- ✓ Medicine, therapy, and healthy habits can help you focus and feel more in control
- ✓ Many adults have ADHD, and support is available to help manage it.

