



Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is a developmental disorder defined by inattention (trouble staying on task, listening); disorganization (losing materials); and hyperactivity-impulsivity (fidgeting, difficulty staying seated or waiting).

For an overview, symptoms, diagnosis, treatment, related conditions, and support go to:

<https://www.nami.org/about-mental-illness/mental-health-conditions/adhd/?tab=overview>

Attention Deficit Disorder Association

<https://add.org/> (Tap GROW for self-paced courses, podcasts, workgroups, ADHD Library)

Do you have ADHD. Take the Adult ADHD Test

<https://add.org/adhd-test/>

ADHD Facts

<https://add.org/adhd-facts/>

ADHD Support programs

<https://add.org/adda-virtual-programs/>

CDC ADHD Website

<https://www.cdc.gov/adhd/>

Additional Information from MedlinePlus

<https://medlineplus.gov/attentiondeficithyperactivitydisorder.html>

Parents Guide to ADHD Medications

https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/resources/med_guides/ADHD_Medication_Guide-web.pdf

For more information, resources and Catholic therapists, contact Rich at hello@thechurchofstluke.org