

ADHD

Factsheet 4

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopment disorder that results in a group of behavioural symptoms.

Symptoms include:

- Inattentiveness
- Hyperactivity
- Impulsiveness

In the UK over 300,000 cases of ADHD is found in children. Although more common in children, over 50% of children continue to have symptoms throughout adulthood.

A high number of cases are estimated to be caused by genetic factor and around one in three people with ADHD have at least one parent with symptoms.






Untreated ADHD in adulthood has been linked to:

- greater risk of alcohol and substance abuse
- emotional problems
- problems with relationships
- difficulties maintaining jobs
- higher mortality rate - more pronounced if diagnosis was delayed until adulthood

All these problems collectively can lead to severe depression and anxiety and a feeling of having failed to meet potential.



Managing ADHD effectively...

-  **Seek therapeutic support:** Counselling, peer support and a listening ear are support services you can avail of.
-  **Exercise:** Take time out to exercise, whether it be walking, running or yoga. Exercise will slow the mind and reduce stress.
-  **Time for you:** Take time out of your daily routine for some you time. It will help with regaining focus and increases productivity.
-  **Meet Others:** Go out and meet others who have the same condition. This will reduce isolation and help you seek appropriate support.
-  **Learn:** Find out how ADHD affects you individually and how to reduce the impact symptoms have on your life. Share with your family, friends, work colleagues about your ADHD and your learning journey.

Remember - The most important thing to do is speak to your doctor who will refer you to a psychiatrist in order to get a correct diagnosis.

Contact ADHD NI via email: Niaadhd@gmail.com

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Please visit their website for up to date information - www.adultadhdni.org

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visit our website for further inspiration - inspirewellbeing.org

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