



After Diagnosis - ADHD



Treatment & Therapies

There are several types of support available for people with ADHD and their families:

- 1) **Behaviour therapies:** These therapies such as Cognitive Behavioural Therapy (CBT) focus on addressing emotional functioning, unhelpful thinking patterns and unhelpful behaviour.
- 2) **Medications:** Certain medications, such as stimulants and non stimulants, can be helpful in managing symptoms of ADHD, such as inattention, impulsivity, and hyperactivity. Lisdexamfetamine mesilate or methylphenidate hydrochloride are the two most commonly prescribed medications for ADHD.
- 3) **Training for parents:** Parents of children with ADHD may benefit from receiving support to help them learn how to manage their child's behaviour and to support their development. This help could be received via 1:1 sessions or via group work/training courses.
- 4) **Occupational therapy:** Occupational therapy can help people with ADHD develop skills to better participate in daily activities, such as organisation and time management.

Contact your nearest Purple House Clinic to find out which of these services we offer.



Information & Support

ADHD is recognised as a condition which qualifies as a disability. Some people may qualify for certain government benefits. You can access advice from <https://www.citizensadvice.org.uk/> (England) <https://www.cas.org.uk/> (Scotland) In respect to children, you may also wish to talk to their school regarding a formal support plan to help your child's progression in education.

The following organisation provides useful information about ADHD and offers courses and seminars where you can learn more:

<https://www.adhdfoundation.org.uk/services-for-families/>

