



Improving the mental health of the community through awareness, advocacy, and support.

Mental Health America of Northeast Florida

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Also look for us on Facebook and Twitter

If you or someone you know is in crisis now, seek help immediately.
Call United Way crisis center **211**. Or dial **911** for immediate assistance.



Living with
**ATTENTION DEFICIT
HYPERACTIVITY DISORDER
(ADHD)**



We all have something
special to give.





Did you know that attention deficit hyperactivity disorder (ADHD) is one of the most common reasons children are referred for mental health services? It affects as many as one in every 20 children.

WHAT IS ADHD?

Attention deficit hyperactivity disorder, typically referred to as ADHD, is one of the most commonly diagnosed disorders in children, and it can continue through adolescence and adulthood. It is generally described as a child having difficulty staying focused and paying attention, as well as trouble controlling their behavior and being over-active. There are three main types of ADHD. One type is characterized by inattentiveness, one is characterized by hyperactive or impulsive behavior, and the third is a combination of the two. If untreated, symptoms of ADHD can make school and home life difficult for a child with the disorder.

WHO GETS ADHD?

Anyone can be diagnosed with attention deficit hyperactivity disorder. Researchers believe that biology and genes play a large role in the development of ADHD. In fact, 30 to 40 percent of children with the disorder have a relative with it, and boys are three to four times more likely than girls to be diagnosed with ADHD.

SYMPTOMS

To be diagnosed with ADHD, a child must show symptoms in at least two settings, such as home and school, and the symptoms must interfere with their ability to function for at least six months.

Signs of inattentive behavior:

- Difficulty following instructions and focusing on tasks
- Frequently loses things
- Forgets things often
- Becomes easily distracted or has difficulty listening
- Lacks attention to detail, is disorganized, makes careless mistakes
- Fails to complete tasks

Signs of hyperactive behavior:

- Is fidgety
- Leaves seat when they shouldn't
- Runs or climbs inappropriately
- Talks excessively or has difficulty playing quietly
- Always on the go
- Blurts out answers or interrupts
- Has trouble waiting their turn

TREATMENT

ADHD treatment is effective for most children with a combination of medication, behavioral therapy, and parental support and education. Remember, even with treatment, symptoms of ADHD take time to improve. Be patient and promote your child's strengths, talents, and feelings of self-worth.



HOW ARE YOU FEELING?

MHA offers online screenings to help identify symptoms, and to find the help you need to feel your best and healthiest. To learn more about our screenings, visit the MHA website at www.mhajax.org. Our screenings are confidential, online, and will take just a few minutes of your time.