

## Where can I find reliable ADHD information and resources?

Provided by authors from ACO, ADDA, and CHADD

Reliable information about ADHD can be found at the Centers for Disease Control, the National Institute of Mental Health, and the National Resource Center on ADHD. [CHADD](#) (Children and Adults with ADHD), [ADDA](#) (Attention Deficit Disorder Association) and [ACO](#) (ADHD Coaches Organization) are good resources for next steps, as is the International Conference on ADHD held in November each year.

**G**etting a diagnosis and finding an appropriate treatment plan are both extremely important and can have positive lifelong effects. Having accurate, science-based information is vital for making the decisions needed to create a good treatment plan and put in place the strategies and lifestyle accommodations that can help lead to success for yourself or your child.

### Reliable Information

Researching ADHD can be like drinking out of a fire hose. There's a great deal of information about ADHD but, unfortunately, a lot of it is misleading, incomplete or incorrect.

Where can you go and who can you trust? Both the **Centers for Disease Control (CDC)** and the **National Institute of Mental Health (NIMH)** have information that is current and based on scientific research.

Look to CHADD's National Resource Center, which is a joint program between the CDC and CHADD. You can trust the professionals and information from ADHD treatment centers that are connected with universities and research hospitals. And, of course, you can turn to health care providers and other professionals who have expertise in, and experience with, ADHD.

### Reliable Resources

The ADHD Awareness Month Coalition is comprised of members from Children and Adults with ADHD (CHADD), the Attention Deficit Disorder Association (ADDA), and ADHD Coaches Organization (ACO). These three non-profit organizations are sponsoring the **2020 Virtual International Conference on ADHD held from November 5 – 7, 2020** with most recorded sessions available for two weeks following the conference. This conference is a great opportunity to listen to, and ask questions of, the conference speakers, as well as receive current science-based information about ADHD and its treatment. An added bonus is that the virtual conference is an opportunity to interact with other attendees through virtual peer support groups and discussion groups.

- **CHADD has more than 100 support groups** around the country, as well as the latest evidence-based information shared via fact sheets, separate training programs for adults, parents and teachers, as well as podcasts.
- **ADDA, a non-profit for adults with ADHD,** provides reliable information, webinars, workshops, and virtual support groups.
- **ACO is also a good resource with the largest directory of ADHD coaches anywhere.**

## About the ADHD Awareness Month Coalition



The ADHD Awareness Month Coalition is comprised of members from the non-profit organizations [Children and Adults with ADHD](#) (CHADD), Attention Deficit Disorder Association (ADDA) and [ADHD Coaches Organization](#) (ACO). The mission of ADHD Awareness Month is to educate the public about ADHD by disseminating reliable information based on the evidence of science and peer-reviewed research.

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## Resources

- Centers for Disease Control and Prevention – <https://www.cdc.gov/ncbddd/adhd/index.html>
- National Institute of Mental Health – <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- Nov. 5-7, 2020 Virtual International Conference on ADHD – <https://chadd-2020.pathable.co/>
- CHADD’s ADHD Fact Sheets for adults, parents and educators – <https://chadd.org/understanding-adhd/adhd-fact-sheets/>
- National Resource Center – <https://chadd.org/understanding-adhd>
- ADDA’s 9-minute TADD Talks with ADHD experts – <https://add.org/taddtalks2020/>
- Children and Adults with ADHD (CHADD) – [www.chadd.org](http://www.chadd.org)
- Attention Deficit Disorder Association (ADDA) – [www.adda.org](http://www.adda.org)
- ADHD Coaches Organization (ACO) – [www.adhdcoaches.org](http://www.adhdcoaches.org)