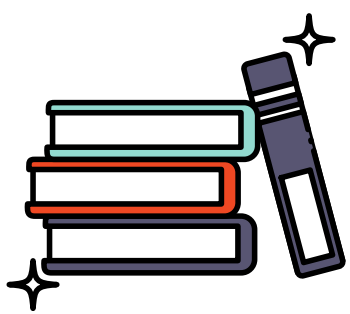


What does a comprehensive treatment plan look like/include for adults?



It is important for people to educate themselves about ADHD to understand why they have had the struggles that they do and to learn new strategies.

A comprehensive treatment plan includes medication to help the person with ADHD better manage the demands at work/school and home.



Living with ADHD, especially if it wasn't diagnosed until adulthood, can affect how someone sees themselves, interacts with others, and handles the demands in their life.

It can be beneficial for people with ADHD to work with a therapist or coach who can help you understand past struggles in a different way and manage current life better.



Therapy can be helpful in addressing anxiety, depression, substance abuse, and relationship problems that untreated ADHD may cause.

Learn more at ADHDAwarenessMonth.org