

YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice



ADHD and You

Provides lots of information, advice and tips.



Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
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The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Living with ADHD



All about ADHD

Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders. Around 5% of children and young people around the world have ADHD.

ADHD is a genetic, brain-based condition, so you may learn in a different way or behave differently to someone who does not have ADHD.

This is not a bad thing, and can even have some advantages! Such as, being more creative and able to do more than one thing at a time.



There are three different types of ADHD.

Primarily inattentive type Symptoms

- forgetfulness
- lack of focus/attention
- easily distracted

Hyperactive and impulsive type Symptoms

- fidget a lot
- talk a lot
- struggle with self-control

Combined Type

Both primarily inattentive and hyperactive impulsive symptoms

How can I manage my ADHD?

There are lots of things that you can do to try and manage your ADHD.

- exercise regularly
- brain training
- Relaxing routines

(Frown as hard as you can for 10 seconds then relax for 20 seconds)

- get yourself organised (routines and checklists)
- get a good nights' sleep
- mindfulness and meditation

Should I tell others about my ADHD?

You do not have to tell anybody you have ADHD if you do not want to. It is not an illness and you are not contagious!

If you do tell people choose people who you trust and remember they may not understand ADHD, so you may have to explain it to them.

What other support is there?

Remember you have lots of things to be proud of and there is lots of support and advice out there for you.

kooth

On Kooth you can



They will chat to you online using a live chat facility or you can send them a message

childline

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Your Organisation
Childline are here to talk to you
24/7

Chat online

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