

## The Arlington Center

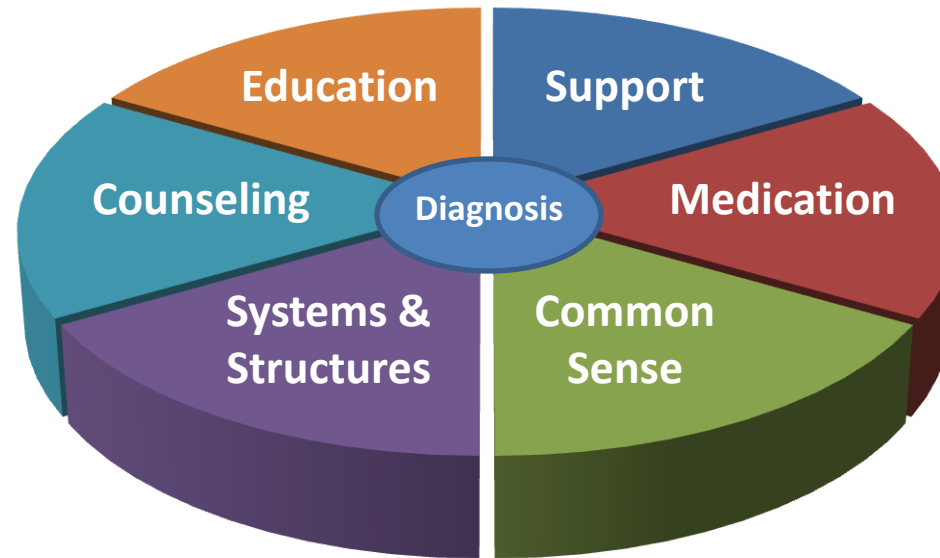
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## Treatment for Adult ADHD



- **Diagnosis:** You have to know what it is before you can do something about it
- **Education:** Learn What you can about ADHD- the more you know, the more you can help yourself
- **Medication:** Symptom based treatment worth considering- if impairment is evident
- **Counseling:** For support, medication management, moods, coping skills, relationship issues, career issues, addictions, etc.
- **Support:** Support groups (CHADD), 12-step groups, ADD “coach”, accountability partner, resource groups, college support staff
- **Systems & Structures:** Organizational strategies & systems, accommodation services in college, work structure
- **Common Sense:** Sleep, exercise, nutrition, allergies, medical issues

### Helpful Resources:

[ADDitudemag.com](http://ADDitudemag.com)

[CHADD.org](http://CHADD.org)

[ADDvance.com](http://ADDvance.com)

[MyADHD.com](http://MyADHD.com)

[ADDwarehouse.com](http://ADDwarehouse.com)