NEW DIRECTIONS
MENTAL HEALTH
A MEMBER OF TRANSFORMATIONS CARE NETWORK

A New Direction for Your Mental Health

# Tired of feeling distracted & disorganized? You're not alone.

Over 6% of US adults have an ADHD diagnosis, though the actual number is likely far higher. ADHD can impact your ability to focus, manage your time and commitments, and communicate, leading to difficulty at work and in relationships. If any of these resonate, therapy and medication can make a huge difference in how you feel.



## Understanding Your Adult ADHD

ADHD is a mental health disorder that can impact your ability to focus, and usually involves a combination of issues with attention, impulsive behavior, and hyperactivity. Many people receive ADHD diagnoses as children and have symptoms that lessen as they enter adulthood, but it's also perfectly normal for symptoms to persist, or to get an ADHD diagnosis as an adult.

## How Your ADHD Might Feel

- Your inability to focus and pay attention can make it difficult to follow instructions
- You might have organizational problems, like issues with time management or frequently losing belongings
- You might have trouble communicating or meeting expectations, leading to relationship issues
- Low frustration tolerance can make it difficult to complete tasks you're not interested in
- You might make impulsive decisions or engage in risky behaviors

## What to Expect from ADHD Treatment

ADHD can be managed with the right treatment. Many adults with ADHD find relief from stimulant medication, which improves focus, while others prefer non-stimulants that regulate mood. Our skilled psychiatric providers can assess your symptoms and goals and determine which medications are best for your needs. Many adults with ADHD also find therapy incredibly meaningful for processing difficult emotions and learning new skills for coping and communicating.

## We Can Help You Regain Calm & Focus

Studies show that 60% of adults with ADHD respond well to stimulant medication, and symptoms improve even further when medication is combined with therapy. Our psychiatric providers can determine which medications are right for your needs, while our therapists can help you learn new skills to improve your relationships and support yourself at work or school.

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of adults with ADHD respond well to stimulant medication.

**You don't have to keep struggling on your own. We're here to help.**

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