

What is ADHD?

ADHD is a neurodevelopmental condition that affects how a person focuses, manages impulses, organizes tasks, and regulates energy levels. It is common in both children and adults.

ADHD is not caused by laziness, lack of intelligence, or “not trying hard enough.” It affects the brain’s executive functioning skills, which help with: attention, memory, planning, emotional regulation, and/or time management

**You are not alone;
help is available.**

The TeenSpace

The TeenSpace is a student-led organization dedicated to transforming teen mental health through awareness, empathy, and action. We create a safe and supportive platform where teens can share stories, access helpful resources, and connect with others who get it.

The TeenSpace is your space and your voice. You can reach out to us with the information below.

Let’s grow together.

Contact Us

 theofficialteenspace@gmail.com

 theteenspace.org

Attention Deficit Hyperactivity- Disorder

Why it is important to raise awareness for various neurodevelopmental disorders.



 **TeenSpace**
Your Space. Your Voice.



TeenSpace

Common Signs of ADHD

Inattention:

- Difficulty focusing, forgetting assignments or tasks, trouble staying organized, etc.

Hyperactivity

- Feeling restless, fidgeting, difficulty sitting still.

Impulsivity

- Interrupting others, acting before thinking, etc.

But not everyone experiences ADHD in the same way!

Managing ADHD

- Therapy or counseling
- Academic accommodations
- Routines and organization tools
- Medication prescribed by a healthcare professional

Roughly

1 in 9 youth

have ever been diagnosed with ADHD in the U.S. alone.

That doesn't include those that go unreported.

Moving Forward

You are not defined by a mental health condition, nor the support you may need to help with one. With resilience and determination, it is possible to push through despite the challenging circumstances presented by ADHD and other neurodevelopmental disorders.



How to Help

Support teens with ADHD by using clear routines, breaking tasks into small steps, reducing distractions, and offering steady encouragement instead of criticism.

If you or someone you know may have ADHD, consider speaking with a professional psychologist, doctor or healthcare provider, or any other trusted adult to get you the support you may need.

Resources

CDC ADHD resource center

Child Mind Institute: childmind.org



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