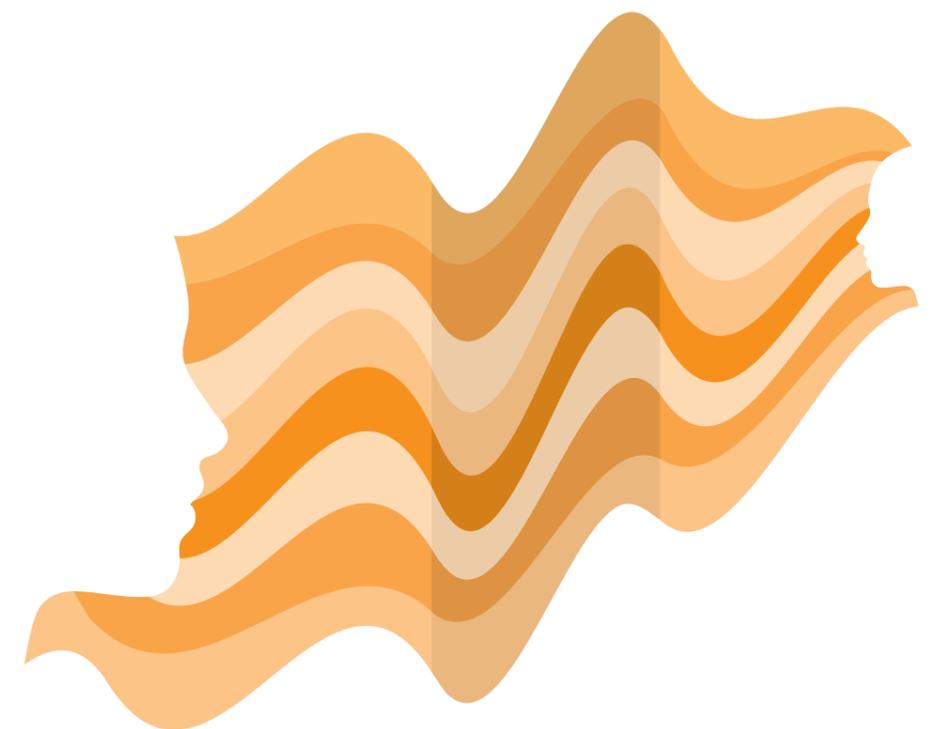




Sussex Partnership  
NHS Foundation Trust

# How we can help and support you: A Guide for Attention Deficit Hyperactivity Disorder (ADHD)

**Children and Young People's Clinical Academic Group (ChYPSCAG)**



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@SPFTCAGs

**Children and Young People's Service** Clinical Academic Group

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Based on shared decision-making, our goal is to work together to understand what you are experiencing. We will offer specialist help and aim to support you as detailed below.



## Daily Life

We will aim to offer information and support around getting the best out of the things that are most important to you: e.g. relationships with others, tasks in everyday life and education. This may also include working with you, your family/carers, and your school, to help you adapt your daily routine and environment to decrease any negative symptoms of ADHD that you may be experiencing.



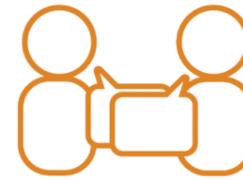
## Friends and Family

We will involve your families/carers with your knowledge and permission. We will help you and them work together towards finding ways that they can support you in managing your ADHD.



## Medication Treatment

We will discuss medication options with you that may help you to manage your ADHD symptoms. If you want to try this option we will regularly monitor the effectiveness of this with you.



## Psychological Therapies

If you have found medication helpful but some difficulties persist a psychological intervention such as CBT or elements of it can be discussed.



## Physical Health Care

If you feel that it may be helpful we can provide advice and support, in consultation with your GP, in helping you to manage any physical health issues. We can work with you to promote healthy sleep patterns and to support a healthy diet.



## Treatment for other difficulties

If you are experiencing other difficulties, and would like support, we will aim to provide advice and support to help you access effective care and treatment for these.

## More information

For more information, please go to: [www.sussexpartnership.nhs.uk/CAGS](http://www.sussexpartnership.nhs.uk/CAGS). This provides our Menu of Care and Interventions for ADHD of which this document is a summary.

If you require this document in another format such as large print, audio and other community language please contact the Clinical Academic Groups at: [cags@sussexpartnership.nhs.uk](mailto:cags@sussexpartnership.nhs.uk)

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