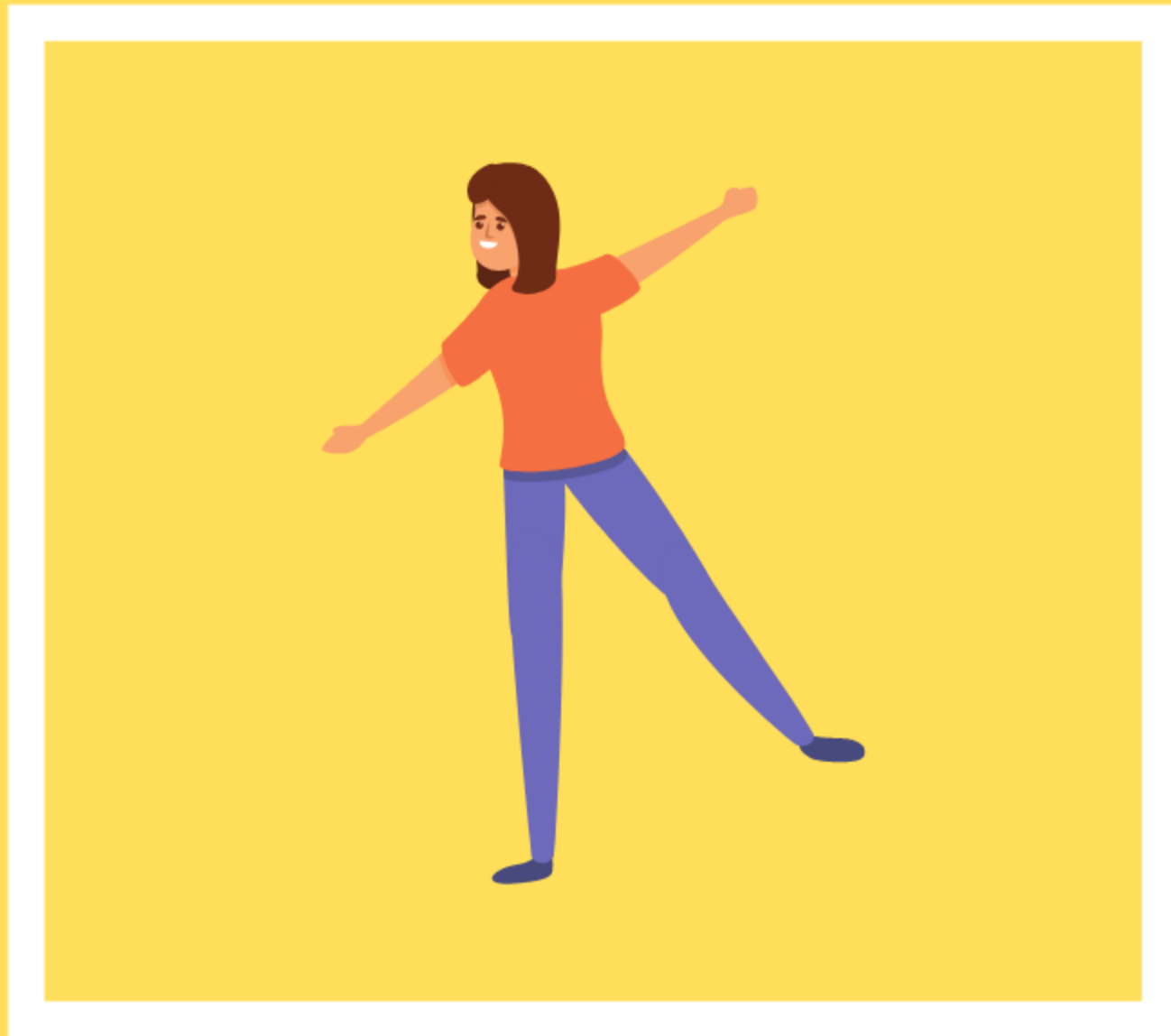


**#mentalillnessawarenessweek**

**ADHD**



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# #mentalillnessawarenessweek



ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. Attention deficit hyperactivity disorder (ADHD) is a mental health disorder that can cause above-normal levels of hyperactive and impulsive behaviors.

The symptoms of ADHD include

- having trouble focusing or concentrating on tasks
- being forgetful about completing tasks
- being easily distracted
- having difficulty sitting still
- interrupting people while they're talking



The causes of Bipolar disorder include: Genetics, Dopamine reduction, Brain structure, Head injuries, Premature births, prenatal exposure, and sometimes toxins in the environment.

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### Types of ADHD

Predominantly inattentive

Predominantly hyperactive-impulsive type

Combined hyperactive-impulsive and inattentive  
type

### Treatment

Talk therapy, behavioural therapy

### Medication

Stimulants and nonstimulants.



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**If you suspect that you or your child has ADHD,  
you can contact us on 09096250384 or send an  
email to [admin@thesunshineseriesng.com](mailto:admin@thesunshineseriesng.com) to  
speak to a mental health professional about  
getting an evaluation.**

**If you found this useful, please like,  
comment, and share to help raise  
awareness.**

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