

HEALTH MATTERS

ADHD

Inform your school when you are aware of a diagnosis; a care plan may need to be put into place if any medication needs to be given. School nurses are available to offer support.

You and your parents or carers responsibilities

Know your condition, tell an appropriate adult when you are feeling unwell, this may include feeling extra angry, stressed and frustrated.

If you have to take medication in school; ensure your medication is in date! Don't wait until this has expired to get a new one prescribed, think ahead.

All medication will need to be labelled with your name and date of birth by the pharmacists

Do not use your friend's medication if you have forgotten yours! Tell an appropriate adult.

Take your medication when you need it, as prescribed

Attend all medical appointments

Each school has a named school nurse who you can speak to if you have any worries.

Helpful resources

The Autism Society and Young minds provide lots of helpful resources to support you with your ADHD

<https://www.autism.org.uk/about/what-is/related-conditions/adhd.aspx>

<https://youngminds.org.uk/find-help/conditions/adhd-and-mental-health/>

NHS resources

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>