



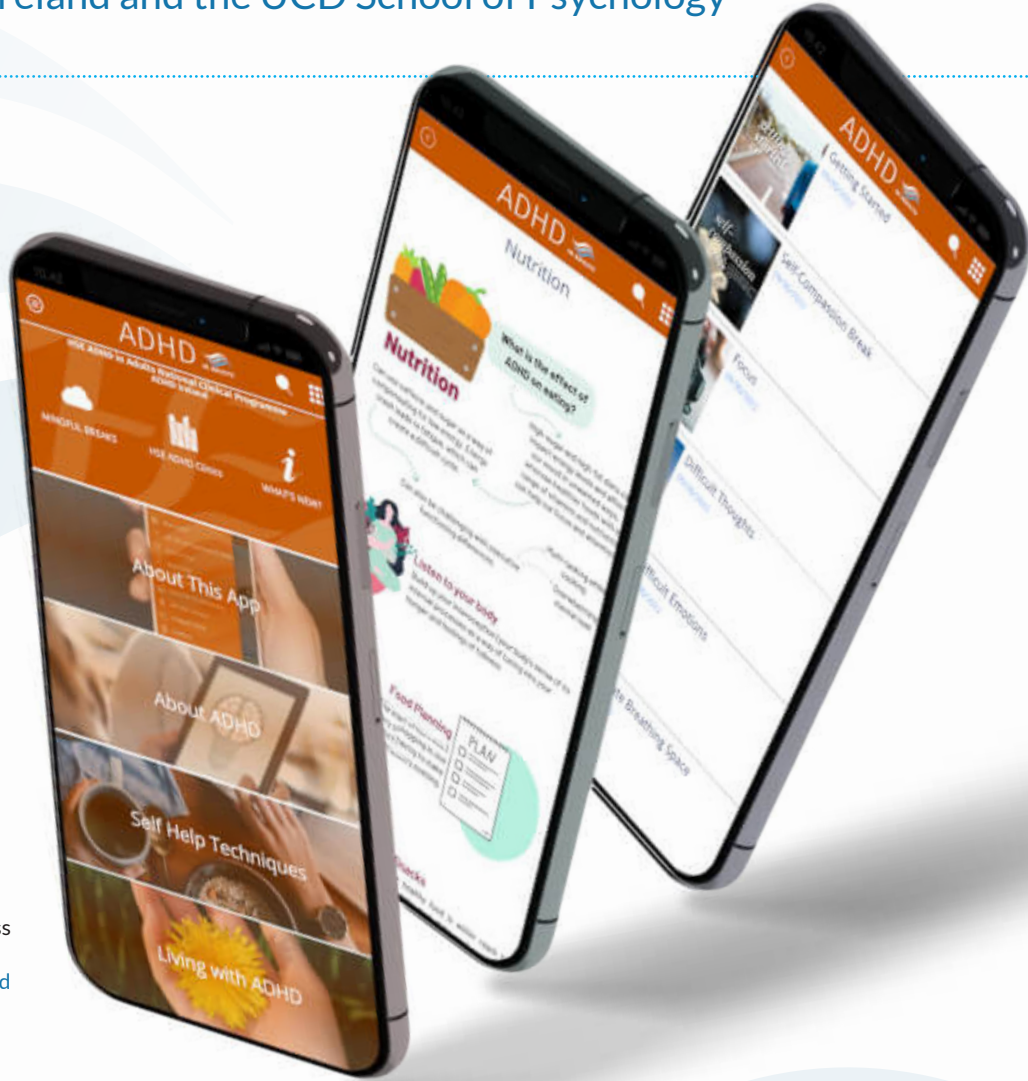
The Adult ADHD App

Developed by the National Clinical Programme for ADHD in Adults, in partnership with ADHD Ireland and the UCD School of Psychology

Self Care App

This app is for:

- **Adults** diagnosed with ADHD
- **Adults** who may have ADHD
- **Partners, family and friends** of adults with ADHD



Please scan here:



Or alternatively type the address below into your browser
<https://adult.adhdirl.ie/download>



Interventions

How does diagnosis work?
What medications are available?
Psychosocial Interventions in ADHD
What is ADHD Coaching?



Self Help Techniques

Mindful breaks, nutritional information, exercise tips, self-care and recommended reading.



Living with ADHD

Tips for adults with ADHD on mental health, relationships, work & education, managing finances and more...

Developed in partnership with...



University College Dublin
Ireland's Global University

