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The Double-Whammy of ADHD and Depression

Whether you've been depressed and learn you have ADHD, or have had ADHD and find yourself suffering from depression, the chicken-egg question doesn't really matter very much. It's a challenge in either case. [Read more.](#)





Tips for Help in Managing ADHD with Non-Medication Interventions

Are you looking for non-medication options to help with your ADHD symptoms? Did you know there are a number of tools in addition to medication that can help diminish symptoms for some people? For most people, successful treatment includes multiple interventions. [Keep reading to learn more about your options.](#)

Apps to Help You Get Through the Day

Okay, you have a smartphone. Can it help you be smart, and manage your life and your symptoms? [There's an app for that!](#)



Know What Your Child is Playing Online

How to Maximize the Benefits of Screen Time for Children with ADHD

Featuring Randy Kulman, PhD
Tuesday, April 11, 3 p.m. ET

[Register Now](#)

Does your child spend hours online playing games or socializing with friends? From

Minecraft, to Facebook, to texting friends, children and teens are spending a lot of time in front of a screen in digital play. But how is this affecting them, and should you be concerned?

Sign up now for this free webinar to learn about the benefits of screen time. We'll discuss some of the best types of games and apps for children with ADHD and what to look for when trying out a new game or app with your child. Go from concern over the amount time spent with technology to knowing about the benefits and how they can be maximized for children with ADHD.

[Register Now](#)

ADHD *in the News*

- Pediatric ADHD: 6 million physician visits annually
- Could it be adult ADHD?
- 6 challenges in assessing ADHD in adult patients
- I'm worried my child has ADHD. What can you tell me?

Read these and other articles in the [ADHD in the News weekly digest](#).



CHADD's [Teacher to Teacher: Supporting Students with ADHD](#) offers training to help educators identify common ADHD-related learning problems. Educators learn proven classroom techniques and interventions to help students with ADHD be successful in school. This multi-session, interactive training is developed and taught by expert educators. CEUs are available. To learn more about bringing this program to your school district or to register, visit [Teacher to Teacher](#).

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