

[View this email in your browser](#)



 Share
  Tweet
  Forward

 in this issue...

- [Video Gaming Disorder Recognized by WHO](#)
- [Back Home Again with ADHD: Parents and Adult Children Sharing a Home](#)
- [Good Responses to Bad ADHD Myths](#)
- [ADHD in the News](#)



Video Gaming Disorder Recognized by WHO

Video gaming can be a great way to pass the time, but for some people it could be a problem. The WHO [now recognizes problematic play as a mental health condition.](#)

Back Home Again with ADHD: Parents and Adult Children Sharing a Home

Are you and your adult son or daughter sharing a home once more? About a third of households are multigenerational, and among families affected by ADHD, this seems to be a growing trend. [Here](#)



are some tips for creating a happy home.



Ask the Expert Highlight

Combating Stigma and Addressing Myths about ADHD
Featuring Ruth Hughes, PhD

Watch Now

Anyone who has ADHD or is raising children who do, have heard variations of

- “ADHD is caused by poor parenting.”
- “Just cut out the sugar—the TV—video games and it will go away.”
- “You just need to take a firmer disciplinary approach.”
- “Why are you taking medication? Have you tried this supplement instead?”

It’s frustrating to hear these sorts of things, especially when you know they’re not true. Are you looking for ways to respond when people perceive ADHD this way?

For **ADHD Awareness Month** we’re highlighting a special *Ask the Expert* addressing the myths surrounding ADHD. Learn what you can do to combat stigma against ADHD and dispel the myths surrounding the disorder.



ADHD *in the News*

- An Upshot of Having ADHD? 'Outside the Box' Thinking
- Overlap in traits of autism, attention deficit persists into adulthood
- What Employees With ADHD Want You To Know
- He's 12. He Has ADHD. And His Family Is Fighting To Keep Him Out Of The Juvenile Court System
- ADHD YouTube star: 'Medication helps me think clearly'

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

Are You
Aware?

This is [Mental Health Awareness Week](#). ADHD is among the many mental health conditions that can affect daily life, and frequently co-occurs with anxiety, depression, ODD, and PTSD. There is effective treatment available. Find help now in the [CHADD professional directory](#) or through [NAMI](#).

[NRC Website](#)

[Facebook](#)

[Twitter](#)

[Youtube](#)

[Instagram](#)

Copyright © 2018 NRC - A Program of CHADD, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list