



About the National Resource Center on AD/HD

The *National Resource Center on AD/HD (NRC): A Program of CHADD** serves parents, educators, adults with AD/HD, professionals, policy-makers and the general public by providing information on the most relevant topics about attention-deficit/hyperactivity disorder:

- Diagnosis of AD/HD (children, adolescents, and adults)
- Treatment options
- Educational rights
- School and workplace challenges and guidelines
- Tips on parenting, time-management, legal issues, social skills, coaching, and more.

ACCESS THE NRC

- CALL toll-free at **800-233-4050**
- VISIT the NRC Web site at www.help4adhd.org (full site in both English and Spanish)
- SEARCH the only online library dedicated to AD/HD (at the NRC website, with over 3,500 records)

Health Information Specialists are available by telephone or online through the Web to respond to inquiries related to AD/HD.

A bilingual Information Specialist is available to respond to inquiries in Spanish.

(See reverse for a listing of our *What We Know / Lo Que Sabemos information sheets*)

**The NRC is operated by CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder), the nation's leading non-profit organization serving individuals and families affected by AD/HD, and is supported by cooperative agreement #1U38DD000335-03 with the Centers for Disease Control and Prevention/National Center on Birth Defects and Developmental Disabilities (CDC/NCBDDD).*

What We Know

Information series available from the National Resource Center on AD/HD

1. The Disorder Named AD/HD
2. Parenting a Child with AD/HD
3. Managing Medication for Children and Adolescents with AD/HD*
4. Educational Rights for Children with AD/HD
5. AD/HD and Coexisting Disorders
- 5A. AD/HD and Coexisting Conditions: Tics and Tourette Syndrome
- 5B. AD/HD and Coexisting Conditions: Disruptive Behavior Disorders
- 5C. AD/HD and Coexisting Conditions: Depression
- 5D. AD/HD and Coexisting Conditions: AD/HD, Sleep and Sleep Disorders
6. Complementary and Alternative Treatments*
- 6A. Complementary and Alternative Treatments: Neurofeedback (EEG Biofeedback) and AD/HD
7. Psychosocial Treatments for Children and Adolescents with AD/HD*
8. AD/HD: Predominantly Inattentive Type
9. Diagnosis of AD/HD in Adults*
10. Managing Medication for Adults with AD/HD*
11. Time Management: Learning to Use a Day Planner
12. A Guide to Organizing the Home and Office
13. Succeeding in College
14. Legal Rights: Higher Education and the Workplace*
15. Social Skills in Adults with AD/HD
16. Succeeding in the Workplace
17. Managing Money
18. Coaching for Adults with AD/HD
19. Women and AD/HD
- 20A. AD/HD and Teens: Information for Teens
- 20B. AD/HD and Teens: Information for Parents

***Also available in short version.**

Available at www.help4adhd.org or call 1-800-233-4050.

Lo Que Sabemos

Serie de paginas de información del Centro Nacional de Recursos para el TDA/H

1. El trastorno llamado TDA/H
2. Criando a un niño con el TDA/H
3. El manejo de la medicación en niños y adolescentes con el TDA/H*
4. Derechos educativos de los niños con el TDA/H
5. El TDA/H y los trastornos coexistentes
- 5A. El TDA/H y los trastornos coexistentes: Tics y síndrome de tourette
- 5B. El TDA/H y los trastornos coexistentes: Trastornos de conducta perturbadora
- 5C. El TDA/H y los trastornos coexistentes: La depresión
- 5D. El TDA/H y los trastornos coexistentes: El sueño y los trastornos del sueño
6. Tratamientos complementarios y alternativos*
- 6A. Este Tratamientos complementarios y alternativos: Neuoretroalimentación (retroalimentación electroencefalográfica, EEG) y el TDA/H
7. Tratamientos psicosociales para niños y adolescentes con el TDA/H*
8. El TDA/H: tipo predominantemente inatento
9. Diagnóstico del TDA/H en los adultos*
10. El manejo de la medicación en adultos con el TDA/H*
11. Manejo del tiempo: Aprendiendo a usar un planificador diario
12. Organizando la casa y la oficina
13. El éxito en la universidad
14. Derechos legales: Educación superior y el sitio de empleo*
15. Las destrezas sociales en los adultos con el TDA/H
16. El éxito en el lugar de empleo
17. Manejo del dinero
18. Coaching para los adultos con el TDA/H
19. Las mujeres y el TDA/H
- 20A. Este documento esta siendo traducido
- 20B. Este documento esta siendo traducido

***También disponibles en versión corta.**

*** Todos disponibles en www.help4adhd.org o llamando al 1-800-233-4050 (opción 5).**