

ADHD treatment

Treatment for ADHD typically includes behavioral therapies, medication, or both.

Types of therapy include **psychotherapy, or talk therapy**. With talk therapy, you or your child will discuss how ADHD affects your life and ways to help you manage it.

Another therapy type is [behavioral therapy](#). This therapy can help you or your child with learning how to monitor and manage your behavior.

Medication can also be very helpful when you're living with ADHD. ADHD medications are designed to affect brain chemicals in a way that enables you to better control your impulses and actions.

ADHD medication

The two main types of medications used to treat ADHD are **stimulants and nonstimulants**.

Central nervous system (CNS) stimulants are the most commonly prescribed ADHD medications. These drugs work by increasing the amounts of the brain chemicals dopamine and norepinephrine.

Examples of these drugs include methylphenidate (Ritalin) and amphetamine-based stimulants (Adderall).

If stimulants don't work well for you or your child, or if they cause troublesome side effects, your doctor may suggest a nonstimulant medication. Certain nonstimulant medications work by increasing levels of norepinephrine in the brain.

These medications include atomoxetine (Strattera) and some **antidepressants** such as bupropion (Wellbutrin).

ADHD medications can have many benefits, as well as side effects

ADHD and depression

If you or your child has ADHD, you're more likely to have depression as well. In fact, the rate of major depression in children with ADHD is more than five times higher than in children without ADHD. Up to 31 percent of adults with ADHD have been found to also have depression.

This may feel like an unfair double whammy, but know that treatments are available for both conditions. The treatments often overlap. Talk therapy can help treat both conditions. Also, certain antidepressants, such as bupropion, can sometimes help ease ADHD symptoms.

Natural remedies for ADHD

In addition to — or instead of — medication, several remedies have been suggested to help improve ADHD symptoms.

- **eat a healthy, balanced diet**
- **get at least 60 minutes of physical activity per day**
- **get plenty of sleep**
- **limit daily screen time from phones, computers, and TV**

Studies have also shown that **yoga, tai chi, spending time** outdoors can help calm overactive minds and may ease ADHD symptoms.

Mindfulness meditation is another option. Research in adults and teens has shown meditation to have positive effects on attention and thought processes, as well as on anxiety and depression.

Avoiding certain allergens and food additives are also potential ways to help reduce ADHD symptoms.

Tips for coping with ADHD

If you or your child has ADHD, a consistent schedule with structure and regular expectations may be helpful. For adults, using lists, keeping a calendar, and setting reminders are good ways to help you get and stay organized. For children, it can be helpful to focus on writing down homework assignments and keeping everyday items, such as toys and backpacks, in assigned spots.