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## October is ADHD Awareness Month—Get in the Know!

Are you or your child among the 15 million people in the United States affected by ADHD? If so, then ADHD Awareness Month is for you! *Knowing is Better*—when you have knowledge about ADHD you can take steps to improve your life and your children’s lives.

“This month is a time for everyone to recognize that ADHD is a condition in the

brain, speak out against shame and stigma, and advocate for effective treatment by healthcare professionals and educators,” says Leslie Kain, the executive director of CHADD’s National Resource Center on ADHD. [Read on, and let us know what you think.](#)



## Mental Illness Awareness Week Spotlights ADHD and Mental Health

Are you or your child among the more than 60 percent of people affected by ADHD who are also experiencing one or more co-occurring conditions, such as depression, anxiety, or other mental health issues?

Mental Illness Awareness Week, which began on Sunday, Oct. 2, is an opportunity to push back against stigma and promote advocacy and well-being for the 21.4 percent of young people and 18.5 percent of adults in the United States who experience mental illness each year. [Learn more to see what you can do.](#)



## 6 Questions You Should Ask to Better Understand ADHD Research

The latest ADHD research study was highlighted on the evening news and now you’re worried.

Before you start questioning your treatment plan or calling your child’s doctor to revise his plan, consider a few things first. There are some questions to consider when understanding



research studies. [Click over to see what they are.](#)

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## Learn the Benefits of Mindfulness When You Have ADHD

Practicing mindfulness when you find yourself distracted can help you live moment-to-moment, rather than slipping into automatic pilot. The benefits of mindfulness practices can spill over into other parts of your life, helping you to become more focused and experience a greater sense of calm. Learn the tools of mindfulness to help you manage stress.



Watch now

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## ADHD *in the News*

- ADHD diagnosis puts girls at much higher risk for other mental health problems
- The influence of diet on ADHD

- Understanding the link between lead toxicity and ADHD
- Artificial food coloring & dyes trigger ADHD? What can parents do about it

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

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Did You Know?

October 10th is World Mental Health Day to bring attention to mental health illness and advocate for global mental health education and awareness. [Learn more.](#)

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Be  
**Extraordinary**  
#CHADD2016

Annual International  
Conference on ADHD

Costa Mesa, CA  
November 10-12, 2016



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