

ADHD Websites for Kids and Teens



Kids and teens who are diagnosed with attention deficit hyperactivity disorder often have many questions about what ADHD means. Parents often feel that they cannot fully describe the symptoms and concerns of ADHD to their children. Unfortunately, many times physicians, psychologists, and psychiatrists who diagnose ADHD in children do not have the opportunity to explain this disorder to the kids. However, there are a few reliable and informative ADHD websites for kids and teens that can be helpful. Check out the following list of of ADHD websites for kids and teens, updated regularly by our team at South County Child and Family Consultants. The sites are kid friendly and may also help adults better understand ADHD.

[AddyTeen](#): A good resource for teens with ADHD, with a free downloadable guide. A little lengthy, but full of information.

[Canadian ADHD Resource Alliance \(CADDRA\)](#): One of the better sites for teens and ADHD that answers questions about how ADHD will impact teens in school and with their peers.

[The National Institute of Mental Health's "The Teen Brain: Still Under Construction"](#): A good download on the teenage brain for teens to read.

[The Learning Center](#): The University of North Carolina's learning center provides strategic planning for high school students with ADHD transitioning into college. They also provide access to the Division of Student Affairs to determine the possible accommodations available.

[CHADD](#): This site provides young adults with an abundance of resources on how to decide if college is the right choice and how ADHD coaching is beneficial for students.

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