

# ADHD

## Spot the signs



- ✓ Forgetting things?
- ✓ Losing focus?
- ✓ Easily distracted?
- ✓ Finding it difficult to complete tasks or meet deadlines?
- ✓ Feeling restless, agitated or anxious?
- ✓ Finding it difficult to sit still for a long time?
- ✓ Experiencing a lack of control with reactions, losing temper, being impulsive?
- ✓ Finding it difficult to make or maintain relationships?

## We can help you!

An early intervention can help:



Minimize  
triggers



Overcome  
difficulties



Build  
your skills



Improve your  
learning and  
academic  
performance

ADHD Assessment, Diagnosis and  
Psychological Support/Treatment

Visit our website, quickly screen your  
symptoms and book an initial assessment



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scan  
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