

Where mental health is
a right, not a privilege

MOORE CARE THERAPY

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ADHD Attention-Deficit/ Hyperactivity Disorder

ADHD (attention-deficit/hyperactivity disorder) is a neurodevelopmental condition that affects how a person pays attention, controls impulses, and manages activity levels. People with ADHD may have difficulty staying focused, organizing tasks, remembering things, or managing time. Some people with ADHD are also very active or restless and may act or speak without thinking. ADHD usually begins in childhood, but symptoms can continue into adulthood. It can affect school, work, relationships, and everyday activities. ADHD can be managed with strategies such as behavioral support, therapy, lifestyle changes, and sometimes medication.

TALK TO A MENTAL HEALTH PROFESSIONAL IF YOU HAVE

- Trouble sleeping or oversleeping
- Harmed yourself or thoughts to do so
- Withdrawn from your regular social life
- Constant paranoia or nervousness
- Uncontrollable illogical or “magical” thoughts

For a therapist who is
here for you
Call 843-799-0083

Or visit us at our website
moorecaretherapy.com



INTERESTING FACTS: THE FIVE SENSES

Sight

People with ADHD may be easily distracted by movement, bright lights, or cluttered environments.

Sound

Loud, repetitive, or background noises may be distracting or overwhelming, making it harder to concentrate.

Smell

Strong or unusual smells may be more noticeable and distracting to some people with ADHD.

Touch

Certain textures, clothing, or physical sensations may feel uncomfortable or distracting, while some people may seek extra movement or physical sensations.

Taste

Some people with ADHD may have strong preferences for certain foods because of their taste, texture, or consistency.



*"Different brain,
different strengths,
same amazing
potential."*