

Supporting a child with ADHD

Digital Mental Health and Wellbeing
Programmes Information for Parents/Carers

Does your child have ADHD or are they waiting for an ADHD assessment?

Did you know?

Around a third of young people attending CAMHS have been diagnosed with ADHD which occurs in about 3–5% of the general population. ADHD is a neurodevelopmental disorder that can affect organisation, the ability focus and impulse control.*

Looking for practical ways to better understand and support your child?

Supporting a Child with ADHD is a guided digital programme for parents and carers of children aged 6–12 who have been diagnosed with ADHD or are awaiting assessment. Designed to fit into busy family life, it provides practical tools and evidence-based strategies to help you navigate everyday challenges with greater confidence.

Developed by SilverCloud, a global leader in evidence-based digital mental health solutions, and built on the principles of Cognitive Behavioural Therapy (CBT), the programme helps families gain a deeper understanding of ADHD, strengthen communication, and develop skills that support positive wellbeing and family relationships.

The Supporting a Child with ADHD programme is easy to access and simple to use, human-supported and designed to empower parents and carers with practical, effective approaches that make a meaningful difference.

The programme offers trusted support that combines interactive learning, activities, mindfulness exercises, and real-world techniques that can be applied at home every day.

Who is it for?

Supporting a Child with ADHD is for parents and carers of children aged 6–12 who have been diagnosed with ADHD or are currently waiting for an ADHD assessment.

The programme helps parents and carers better understand ADHD while learning practical strategies to support their child's emotional wellbeing, daily routines, behaviour and confidence.

Remember, your child does not need to take part in order for you to complete our “Supporting a Child with ADHD” programme.

It is safe and accessible 24/7 allowing you to log in whenever and wherever it suits you.

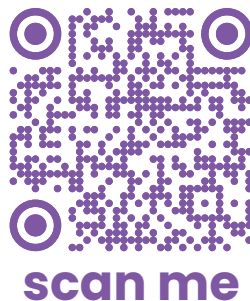
How it works

Using a smart device, individuals can access all the modules online whenever they wish. They will have a supporter assigned from our Childline services team, who will link in with them regularly to support them in completing the programme.

The programmes are financially supported by the HSE via Healthy Ireland.

To find out more, **please scan** the QR code.

Alternatively, you can call our support line between 9am and 1pm, Monday to Friday on **01 522 4300**.





**The delivery of these programmes
by Childline is supported by:**



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