

Living well with ADHD

Digital Mental Health and Wellbeing
Programmes for young people



SilverCloud

Childline
by ISPCC

Everyone experiences ADHD differently.

Did you know?

ADHD is a neurological disorder that impacts the parts of the brain that help us plan, focus on, and execute tasks. It impacts around 5% of the population in Ireland. Those with ADHD have trouble with impulse-control, focusing, and organisation. If diagnosed and properly treated, people with ADHD can reach their potential and lead happy and successful lives.*

About the Living Well with ADHD programme

Living Well with ADHD is an online programme designed for young people aged 16–18 who have been diagnosed with ADHD or are awaiting an assessment of ADHD. It helps them better understand their symptoms and develop practical skills to manage everyday challenges.

The programme is delivered through the SilverCloud digital platform, a recognised leader in online self-care programmes. Young people are guided throughout by a trained supporter who provides encouragement and answers questions, just like our Space from Anxiety programme.

The programme helps young people to:

- Better understand ADHD and how it affects them
- Improve organisation and attention skills
- Build confidence and self-esteem
- Learn practical strategies to manage everyday challenges

What you will learn

Understanding ADHD

Learn more about ADHD, challenge common myths and better understand your own experiences.

Building Self-esteem

Build confidence, challenge negative thinking and recognise your strengths.

Problem Solving

Develop practical skills to overcome challenges, set goals and plan for the future.

Attention and Concentration

Develop practical strategies to improve focus, attention and organisation.

Managing Challenges

Learn ways to manage procrastination, impulsivity and overwhelming thoughts.

Self-care and Wellbeing

Explore the importance of sleep, physical activity, healthy habits and social connections.

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

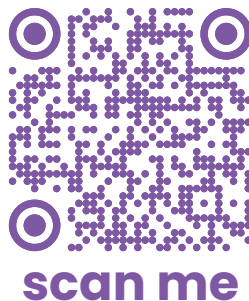
How to get started

To participate in this programme, your parent/carer/schoolteacher/GP or trusted adult will need to refer you by completing a simple form. We will then be in touch to get you started on the programme.

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

Alternatively, email us at:

spacefromanxiety@ispcc.ie or call Childline on 1800 66 66 66.





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



Rialtas na hÉireann
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