

# INFORMATION FOR YOUNG PEOPLE ON ADHD MEDICATION

## WHAT IS THE SITUATION?

### There are national shortages of ADHD medication



The NHS and the government have told us that there are shortages of the medications that people take for ADHD.

### This means it may be harder for you to get your medication

Your medication may not be affected and you may be able to get it like normal.

For some people, it may not be possible for your pharmacy to order it in because there may not be any of it available.

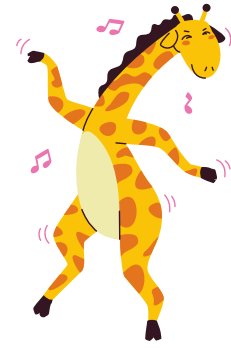
### This is a temporary situation

We don't know exactly when the problem will resolve but the government and people who make medications are working to fix it. We won't be able to make changes to your medication during this time. If you are waiting to start medication, we won't be able to do this either until the shortages improve.

## STRATEGIES THAT MAY HELP

1

### Frequent movement breaks



Movement can help your brain to focus and regular movement breaks is a chance to reset. You may want to utilise fidget toys more or add in extra breaks throughout your day.

2

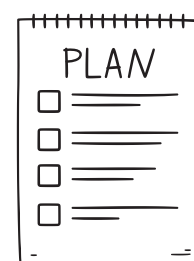
### Schedule time for calming activities



ADHD can make it very tricky to "switch off your brain". Schedule time into your daily routine for activities that make you feel calmer, like art, mindfulness, going on a walk, playing football etc. It might help to do this before or after difficult things like homework.

3

### Try to stick to a routine



This can be hard when you have ADHD! But it helps your brain to know what is happening. This includes getting enough sleep. Ask someone you live with to help you.

4

### Be kind to yourself and ask for help



Things might feel harder without medication, so go easy on yourself. What demands can you reduce? How can you be kind to YOU? ADHD can make it harder to regulate your emotions, so talk to someone when you are struggling.

## WHAT DOES THIS MEAN FOR ME?

1

### If you run out of medication...



It might help you to write a list of the reasons why you are worried and to talk these through with a trusted adult. They might be able to help you. Your school will be informed so they will know things might be a bit more difficult.

2

### If you feel worried...



You may notice that you feel more restless, hyperactive, energetic or struggle to concentrate more. You may notice some other ADHD traits. Or, you may not know how you feel. This may feel frustrating.

3

### If you feel very worried...



Talk to your ADHD nurse or doctor. They won't be able to help with getting medication, but they will be able to give you advice on your situation. If you take stimulant medication, they may suggest you have weekends off it so you don't run out as quickly on school days.