

AD(H)D

(affects 4% - 6% of the general population, to some degree)

Key characteristics:

- issues with focusing and maintaining attention
- difficulties regulating emotions
- impulsiveness
- hyperactivity may be present at some stage of life, in the majority of cases
- may appear as day-dreaming, or 'tuning out'

Organisations that offer information and support

- [The National Attention Deficit Disorder Information and Support Service](#)