



To actively support and empower those living with AD/HD

For further information/referrals, you can contact ADD-NI at:

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Centre Opening Times: Monday–Friday

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ADD-NI

Children's Charity
Centre for Attention Deficit & Hyperactivity Disorder NI



Service Information



“Children with ADHD deserve the best start in life”

WHAT IS AD/HD?

Attention Deficit Hyperactivity Disorder is an internationally recognised medical condition affecting at least 10% of school - age children. It is characterised by the core behavioural symptoms of **inattention, impulsivity and hyperactivity**.

The inattentive, overactive and impulsive behaviours in children with AD/HD can be difficult to manage and can place excessive strain on children, parents and families. In addition, AD/HD can have a significant disruptive influence on a child's social development and relationships.

WHO ARE WE?

ADD-NI was established in 1997 as a support network for children, young people and families of those affected by AD/HD. ADD-NI is a Northern Ireland wide service based in Belfast with a satellite unit in Dungannon. It is a registered charity with the sole aim of promoting the needs of those affected by AD/HD within Northern Ireland.

AIMS OF OUR SERVICE

To provide Support and information and raise awareness of the disorder across the province

To work in partnership with children, young people and adults

Affected by AD/HD, their families and other agencies

Through support, early intervention and preventative programmes, we aim to build on each child/young person's individual strengths enabling them to achieve their full potential

WAYS WE HELP

Support and Information

Telephone helpline, Information, Support and Advocacy Service, Open Parent Support Meetings/Adult Support Meetings

(All programmes have undergone rigorous evaluation to ensure high quality and effective Services. All staff is postgraduate qualified in relevant fields.)

Referral Services

ADD-NI's Parenting Programme

A unique and specialised 10-week programme aimed at improving relationships, reducing family stress, and improving parent efficiency within a supportive environment for parents.

Therapeutic Group Work

A 6/10-week psycho-education programme tailored to meet the specific needs and age ranges of **children, young people and adults** affected by ADHD.

Post Intervention Service

A service for young people who have completed a group programme, who require a higher level of support post-intervention. This provides young people with an opportunity to meet with others from their group on an informal basis.

Art Therapy

Available to children, young people and adults, this helps promote self-expression and reflection within a safe and caring environment.

Individual Counselling

Counselling is available in a supportive environment for adolescents and adults who are experiencing difficulties in dealing with AD/HD.

Sibling Group

A group psycho-education programme addressing the issues that may arise for brothers and sisters living in families affected by ADHD.

Training

We provide and tailor training to a wide range of professionals and members of the public on different aspects of ADHD.

"SUPPORTING AND EMPOWERING CHILDREN, YOUNG PEOPLE AND ADULTS WITH ADHD"

