



# Awakenings Mental Health

## Omega-3s for ADHD & Depression

### *What are Omega-3 Fatty Acids?*

Omega-3s are essential fats vital for brain health, found mainly in fatty fish and some plant sources. The most important types are EPA and DHA. Since your body can't make them efficiently, they must come from diet or supplements. They support brain cell communication and reduce inflammation.

### *Omega-3s for ADHD Support*

Omega-3s, especially with more EPA than DHA, can be a beneficial part of an ADHD treatment plan.

### *Benefits for ADHD May Include:*

- Improved focus & attention
- Reduced hyperactivity & impulsivity
- Better mood stability

### *Dosage for ADHD:*

1,000-2,000 mg of combined EPA & DHA daily. Choose high-EPA formulas. Start low and increase gradually.

### *Omega-3s for Depression Support*

EPA-rich Omega-3s are a powerful adjunctive therapy for depression, particularly for symptoms of low energy and motivation.

### *Benefits for Depression May Include:*

- Improved mood by supporting serotonin & dopamine
- Reduced overall depressive symptoms

### *Dosage for Depression:*

1,000-2,000 mg of EPA daily, used alongside primary treatments.

### *Dietary Sources:*

Get EPA/DHA from fatty fish (salmon, sardines). Get ALA from flaxseed, chia seeds, and walnuts.

### *Safety & Side Effects*

Side effects are usually mild (e.g., fishy aftertaste). Important: High doses can increase bleeding risk. Consult your provider before starting, especially if you take blood thinners.

### *Conclusion*

Omega-3s (EPA & DHA) are a promising supplemental treatment for ADHD and Depression. As part of a comprehensive plan from Awakenings Mental Health, they can safely improve focus, mood, and quality of life.