

## Problems Linked to ADHD



Any child can have depression, anxiety, or learning problems. These problems can and often exist along with ADHD. Or they can occur by themselves. The likely cause of a child's symptoms can only be found by careful assessment. Then a child must get appropriate care that works. To be sure that happens, parents, school staff, and healthcare providers need to share their observations. And they need to work together on the child's treatment plan. Below are three serious problems that need coordinated care.

### Depression

A depressed child may feel sad most of the time. They may have low self-esteem and show little interest in life. The child may eat or sleep more or less than in the past. They may withdraw from the rest of the world. Severe, untreated depression can put children at risk for suicide. Even young children may be at risk.

### Anxiety

It's normal for children to have fears. But severe anxiety can make a child scared and too sensitive. They may be obsessed with upsetting thoughts. The child may be restless, overactive, or withdrawn.

### Learning problems



A child with a learning problem may not fully process certain types of information. Some have trouble with what they see. Others have problems with what they hear. For instance, a teacher may give clear instructions. But this may not register in the child's mind. Then the child may struggle with one or more school subjects.

### In an emergency

If your child is in immediate risk of self-harm or hurting someone, call 911. Do not leave your child alone.

In less critical cases, call the 24-hour National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255) or text 988. The lifeline is available 24/7. It provides free and confidential support. The lifeline also has an online chat option at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

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