A GUIDE FOR ADULTS

ADHD and Recovery, One Plan

Steps toward your next chapter

HOPE ADDICTION MEDICINE

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Chapter One

Name what you notice

Write down where focus, restlessness or impulses get in your way. Bring the list to your visit.

Chapter Two

Tell the whole story

Share your substance use history with every provider. An accurate picture comes before any plan.

Chapter Three

Treat both together

MedlinePlus says treating a mental health condition and a substance use disorder at the same time is usually better.

Chapter Four

Decide on medicine together

Whether a stimulant fits you is weighed with your prescriber, with your recovery in view.

Chapter Five

Keep medicine safe

Take it only as prescribed and never share it. Pills from anyone else may not be what they seem.

Epilogue

Both parts of you count.

Attention and recovery are not separate stories. When both are part of one plan, each step can support the other, and your care team can adjust as you go.

Ready to write your next chapter?

Talk through ADHD and recovery with our West Ashley team.

BOOK A VISIT

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