



Building Your Community

ADHD can influence how people learn, work, connect, and move through daily life.¹ Building the right community of support can help you and your child feel understood, empowered and better equipped to navigate challenges along the way.²

Start With Your Circle

Because ADHD can affect the entire family experience, caregivers and loved ones need support, information and connection too.

My primary support person:

How they can support me:

ADHD does not follow a schedule, and support often comes from the people who see the day-to-day realities firsthand. Consider who can be part of your support network:

MY ADHD COMMUNITY

At Home

Home is often where ADHD's day-to-day experience is seen most clearly. Use this section to identify family members, caregivers and partners who can offer practical support and help strengthen the community surrounding you.

Family Members

Names/contact information:

1.

2.

3.

Support I may ask for:

Friends

Names/contact information:

1.

2.

3.

Support I may ask for:

At School

Because ADHD can shape how people learn and connect¹, trusted school contacts can help create a supportive classroom environment. Use this section to identify educators and staff who can help your child navigate learning needs and daily routines.

Teachers

Names/contact information:

1. _____

2. _____

3. _____

4. _____

Learning or routine needs to discuss:

School Counselors

Names/contact information:

1. _____

2. _____

3. _____

4. _____

Learning or routine needs to discuss:

Nurses

Names/contact information:

1. _____

2. _____

3. _____

4. _____

Learning or routine needs to discuss:

Coaches

Names/contact information:

1. _____

2. _____

3. _____

4. _____

Learning or routine needs to discuss:

Healthcare Team

Your healthcare team can help you understand your treatment journey and make informed decisions about care. Use this section to identify trusted healthcare professionals who can provide clinical guidance and support tailored to you or your child's needs.

Physician

Names/contact information:

1. _____
2. _____
3. _____
4. _____

Mental health professional

Names/contact information:

1. _____
2. _____
3. _____
4. _____

EXPANDING MY COMMUNITY

Expanding your community can connect you with people, groups and trusted resources that offer shared understanding, practical guidance and new perspectives. Consider where you would like to broaden your support network and the first step you can take to build those connections.

What part of my community I want to expand:

How they can support me:

National ADHD Advocacy Groups and Organizations

Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)

Offers ADHD education, expert directories, events and support communities for individuals, families and professionals—helping you connect with informed peers and trusted local support.

Children and Adults with ADHD local chapters

Connects you with nearby CHADD groups for education, encouragement and peer support—making it easier to meet people who understand ADHD and expand your local network.

ADHD Coaches Organization

Provides a directory of ADHD-trained coaches, plus public groups, classes and workshops. Use it to find practical, goal-oriented support and build connections around shared strategies and accountability.

Learning Disabilities Association of America

Links individuals and families to state affiliates offering support groups, informational meetings, advocacy assistance and networking with parents, educators and professionals.

Family and Caregiver Support

National Alliance for Mental Illness (NAMI)

Helps families and caregivers find local affiliates offering free education and support programs, creating opportunities to learn from and connect with others who have lived experience.

School Support

Wrightslaw

Provides reliable information about special education law, accommodations and advocacy. Use it to prepare for school conversations and collaborate more confidently with educators and advocates.

Parent Training & Information Centers

Locates nearby parent centers that help families understand education and development services, participate effectively in school decisions and connect with local professionals and other families.

Mental Wellness Support

NIH Mental Health Resources

Offers expert-reviewed guidance on self-care, mental health conditions and finding professional help. Use it to start informed conversations and identify when additional support may be helpful.

CDC Mental Health Resources

Brings together mental health information, provider directories, support locators and crisis resources, helping individuals and families identify appropriate community-based support.

Local counseling resources

Provides a searchable directory of therapists, psychologists and counselors that can be filtered by location, specialty and insurance, helping you find local professional support that fits your needs.

There are many organizations which can support those living with ADHD and their families. We could not list all organization and resources available and have included a selection to consider. The list contains links to third party websites. Collegium Pharmaceutical does not own or manage these websites and is not responsible for their content. As a community partner, Collegium Pharmaceutical provides charitable funding to various patient organizations.

Group/community name	Contact or website	How I plan to connect

¹National Institute of Mental Health (NIMH). ADHD in Adults: 4 Things to Know. Available at: <https://www.nimh.nih.gov/health/publications/adhd-what-you-need-to-know>. Accessed on August 13, 2026.

²Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD). Uniting in Understanding: The Role of Peer Support. <https://chadd.org/adhd-news/adhd-news-adults/attention-uniting-in-understanding-the-role-of-peer-support/>. Accessed on August 13, 2026.