



Contacts List

When helping your teen manage ADHD, it's important to view the partnership between you, your teen's school, and medical providers as an "ADHD Team". This Contacts List provides a single place for keeping the names and numbers of all of the people involved in helping your teen manage ADHD.

WHO SHOULD USE A CONTACTS LIST?

Parents and their teens should fill out this Contacts List together, and make multiple copies of it. Make sure that everyone involved in your teen's ADHD care has a copy of it, including:

- **Your teen**, to keep in places such as his or her backpack, locker, binder/organizer, etc.
- **Your household**, posted in a visible location, like on the refrigerator, or by the telephone.
- **Your teen's teachers**
- **Your teen's school nurse**
- **Your teen's medical providers**

Contacts List

Child's Name:			
Home Phone:			
Cell Phone:			
E-mail Address:			
Home Address:			
	Name	Phone Numbers	Email Address
Emergency Contact:			
Parent/Guardian:			
Parent/Guardian:			
Family Doctor:			
Psychologist/Therapist:			
School – Main Number:			
School Nurse:			
Teacher:			
Advisor/Guidance Counselor:			
Tutor:			
Friend:			