



## 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

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