



Overcoming ADHD and Co-Occurring Depression and Anxiety

Overcoming ADHD and Co-Occurring Depression and Anxiety

Managing symptoms of ADHD can pose significant challenges in one's life. A quick online search reveals that many people struggle with these symptoms on a daily basis, which has a profound effect on their well-being.

However, what do you do when ADHD is not the only symptom that you are dealing with?

Anxiety and depression are two common co-occurring conditions with ADHD, creating a complex web of symptoms to navigate. [Studies](#) show that up to 70% of people with ADHD also experience symptoms of anxiety and/or depression. These co-occurring conditions can make it very difficult to function at work, school, and home.

This article aims to provide guidance on what to do for depression and anxiety when they coincide with ADHD.

How to Deal with ADHD Depression and Anxiety

To understand how to deal with anxiety and [depression](#), we will discuss Emily's* experience. We'll delve into how she overcame these conditions and explore actionable steps you can take to become the hero of your own story.

A Sample Case

Consider Emily, a young professional diagnosed with ADHD early in college. She has always been energetic but lately feels more anxious and depressed. This situation had a negative impact on her ability to focus and get work done. Not only is she dealing with symptoms of ADHD with depression but also with [anxiety](#), further hindering her progress in completing her coursework.

Emily did not know what to do, but she knew that if she did not act in the moment, her life would not improve. Motivated by this realization, she took action by scheduling an initial appointment with us. She had the option of booking with a psychiatrist or psychiatric NP specializing in ADHD.

At her first appointment, her specialist listened to her concerns. They then set a clear plan for effectively managing and overcoming her symptoms of ADHD, anxiety, and depression.

Together, Emily and her ADHD specialist collaboratively determined that a combination of ADHD medication ([Adderall](#)), a new antidepressant, therapy, supplements, and specific lifestyle changes were the best approaches. Initially, she was uncertain, but her ADHD specialist encouraged her to try the strategies. Additionally, her specialist provided her with a clear path to overcoming her symptoms.

The Result of An Integrative Approach

Upon starting the [medications](#) and incorporating natural remedies to address her [depression, anxiety, and stress](#), Emily quickly saw improvements in her mental well-being. She experienced significant improvement in her depressive symptoms with improved motivation, energy, concentration, and sleep.

She also noticed being significantly less anxious and able to meet deadlines now with work and school. At Emily's next appointment, she reported to her ADHD specialist that she is more focused and organized with her tasks. Finally, Emily felt a sense of renewal, resulting in significant improvement in her grades.

Her persistent work paid off when she graduated from college with honors. Later she went on to land her dream job and felt more confident and optimistic about her future, more so than ever before. Since Emily's ADHD specialist was able to treat depression and anxiety symptoms that come with her condition, they later discontinued her antidepressant treatment under careful observation.

Her success in managing [ADHD and co-occurring depression](#) and anxiety is a testament to her dedication to staying the course and using online integrative psychiatry to get the most out of her medications.

ADHD with Depression Help in San Diego, California, Is Just a Click Away!

We have witnessed countless individuals with ADHD who have gone on to lead highly successful and fulfilling lives. Unfortunately, we come across individuals who have deferred seeking help for too long. Delayed treatment results in avoidable circumstances that they could have prevented with a timely and appropriate treatment approach.

Ineffectively [managing ADHD](#) often leads to recurring setbacks in various aspects of life, such as work, education, and personal relationships.

So, if you are unsure how to address your symptoms and overcome life's challenges, or you're uncertain whether you have ADHD or other related mental health conditions, know that you have access to the proper care and support.

Take control of your well-being by connecting with a proficient psychiatric nurse practitioner who can provide the answers and solutions you seek. We offer [convenient online psychiatry services](#) catering to California residents in and around San Diego.

For appointments, simply dial 619-771-0083 or fill out our [online form](#)! We gladly accept various insurance plans, and you can typically secure an appointment within four days.

Medical Disclaimer: This content does not provide medical advice and is intended for only informational purposes. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical advice in seeking treatment, because of something you have read from our content. If you suspect you may have a medical emergency, immediately call your physician or dial 911.