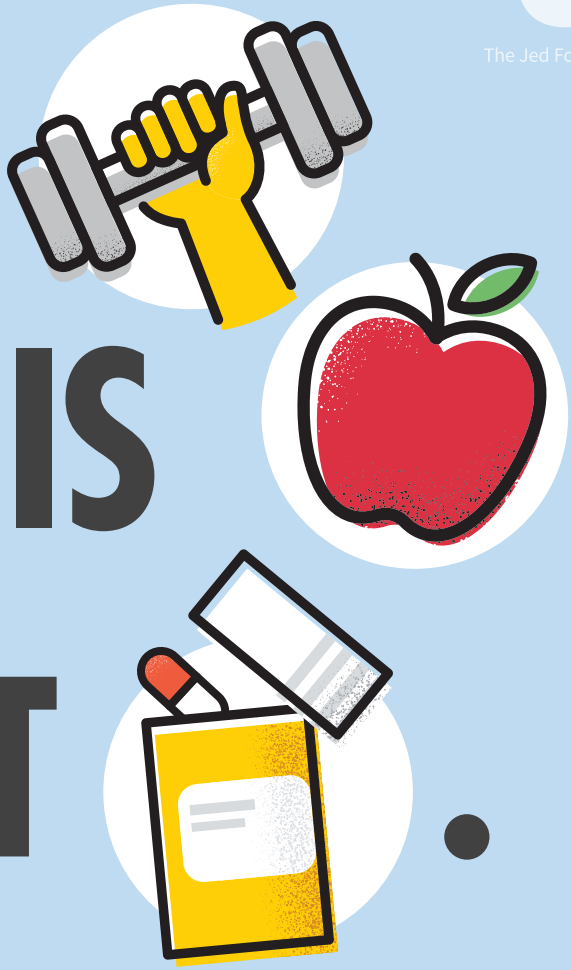
The Jed Foundation

Want to help a friend?



SHARE THIS NOT THAT.

63% OF STUDENTS WITH A VALID ADHD PRESCRIPTION TAKE THEIR MEDICATION AS PRESCRIBED,* AND DO NOT SHARE OR SELL IT TO THEIR CLASSMATES.

There are better ways to deal with a heavy schedule, such as prioritizing your to-do list, eliminating distractions, and scheduling time for relaxation.

For help with stress and to learn more, visit [insert URL]

LOGO

*BASED ON A 2016 SURVEY OF 2989 UNDERGRADUATES ENROLLED AT A LARGE WESTERN UNIVERSITY BY CPAMM.