

ADHD Support Forum for Undergraduate Students

If you have been diagnosed with ADHD or suspect you may have ADHD, this forum will provide a space for emotional support for students to live well with ADHD and offer tools and strategies to help manage their ADHD symptoms. To see if this group is a good fit for you, please contact Melissa Miller, LCSW.

Winter Quarter 2022: Weeks 2-10
Tuesdays 2:30–3:30 PM

<https://uchealth.zoom.us/j/89175225282>

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This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at (858) 534-3755 to arrange an appointment.

