



Adelaide Adult ADHD

NEWSLETTER

Adelaide Adult ADHD is a community and a voice for adults with ADHD.

AUGUST 2022

FEATURED READING
FEATURED EVENT
FEATURED RESOURCES

REGULAR UPDATES

WHERE YOUR COMMUNITY IS
WHO YOUR COMMUNITY IS
YOUR LIFE, YOUR VOICE

GET INVOLVED

WHO WE ARE



ADULT ADHD - PSYCHOLOGISTS, PSYCHIATRISTS, COUNSELLORS AND COACHES AVAILABLE IN SA

Finding the right help for your adult ADHD experiences is harder than it should be - many people find it impossible. Different professionals provide different services, and not all professionals are able (or willing) to engage with adult with ADHD. We have put together some general advice about what different professionals can do. We are also building a list of professionals who the Adelaide Adult ADHD community have helpful in their own experiences.



Therapeutic & Clinical Services



Adult ADHD diagnostic advice

FEATURED READING

These management changes for neurodivergent employees make work more accessible for everyone

FC fastcompany.com/90793953/these-management-changes-for-neurodivergent-employees-make-work-more-accessible-for-everyone



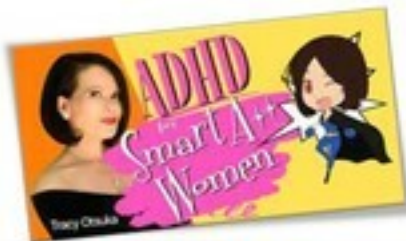
When we talk about inclusion today, we think of identity markers such as race, class, ability and sexual orientation. But another important consideration is neurodiversity, and there is still a lot to be done in terms of designing workplaces that not just accommodate but also nurture neurodivergent employees.

[Read more](#)



[More media and articles](#)

FEATURED RESOURCES



[More resources](#)

Neurodiversity 101:

Routes to diagnosis
Hurdles vary in height...



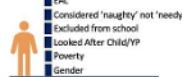
There are many different factors that can affect whether someone is able to gain a diagnosis. These can be thought of as 'hurdles' that one has to get over:

Don't know who to ask to access support

Don't know there are services



Some people face a bigger hurdle than others:



FEATURED EVENT

Making
Connections
with your Mental Health
and Wellbeing



2 ND TO 4TH AUGUST

The **National Mental Health Commission** invites you to share your experience of the mental health and suicide prevention system through a series of community conversations and an online survey as part of their **Your Mental Health and Wellbeing** program.

[Read more](#)



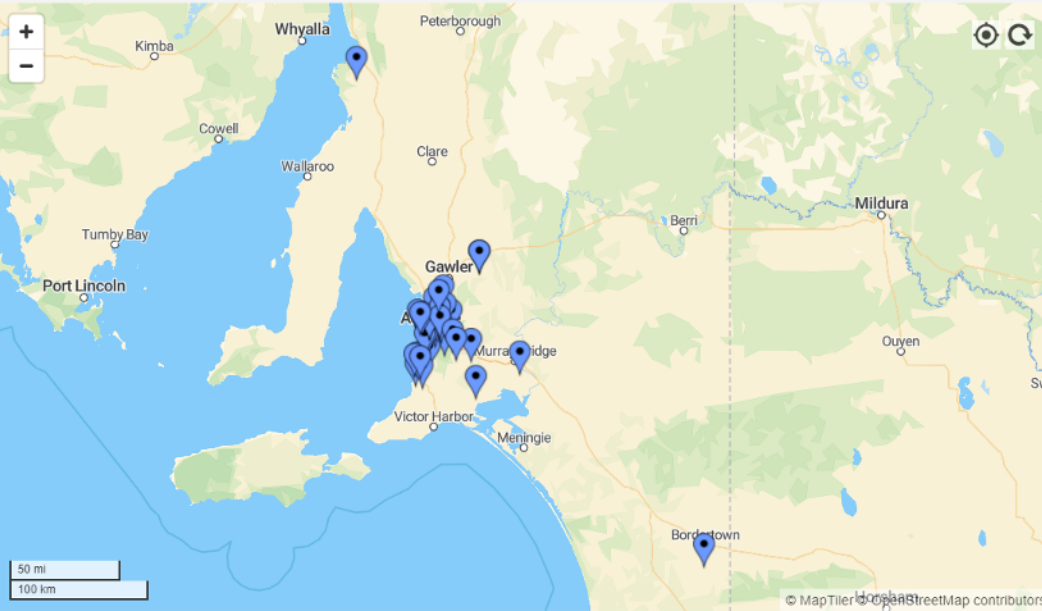
[More events](#)

WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 29/7/22. Responses included: 45

AdAdADHD Community

Search



Postcodes of members of the Adelaide Adult ADHD community

Help us, and help others, understand you and your community.

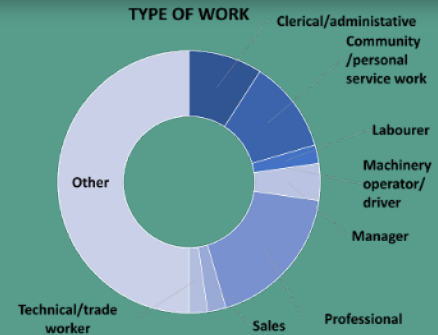
Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adults with ADHD.

[More about your community](#)

[Be part of the picture \(complete anonymously\)](#)

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YOUR LIFE, YOUR VOICE

This month's question about your lived experiences of adult ADHD

Do you have a **favourite tool for navigating life as an adult with ADHD**? It could be an app on your phone, a lifestyle strategy, or anything else.

[Tell us here](#)