



Adelaide Adult ADHD

NEWSLETTER

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

DECEMBER 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 - PAINTING A PICTURE OF THE LIVED EXPERIENCE

There are lots of people, groups and organisations doing their best to support the lived experiences of adult ADHD. But the only way to do this authentically is to listen to the people living these experiences - the stories of highs and lows, struggles and achievements, discoveries and lessons learned by dealing with adult ADHD day in and day out.

We understand that its not always easy to share your personal stories.

- How do I know who wants to hear from me?
- How do I know who I can trust with my stories?
- How do I find the words, and the courage, to tell my stories?
- Why should I keep talking when it feels like no-one is listening?

We will keep trying to share opportunities for you to be heard, and to hear from others, to help shape the way society impacts your lived experience.



FEATURED READING



LEA eNews

[Read more](#)

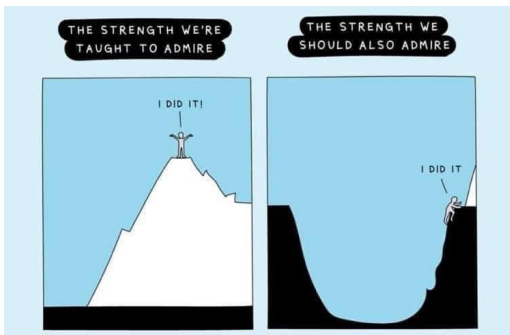
For over 20 years Lived Experience Australia (LEA) has been advocating for and with those with lived experience of mental ill-health, their carers and family members.

LEA is a national systemic advocacy, research, and capacity building organisation.



[More media and articles](#)

FEATURED RESOURCES



[More resources](#)



FEATURED EVENT



SATURDAY 10 DECEMBER

Connect and share with the ADHD community on the topic of **ADHD burnout**. The discussion will begin with a short presentation looking at some of the factors that contribute to ADHD burnout. The floor will then be opened for discussion about experiences, challenges, tips and ideas.

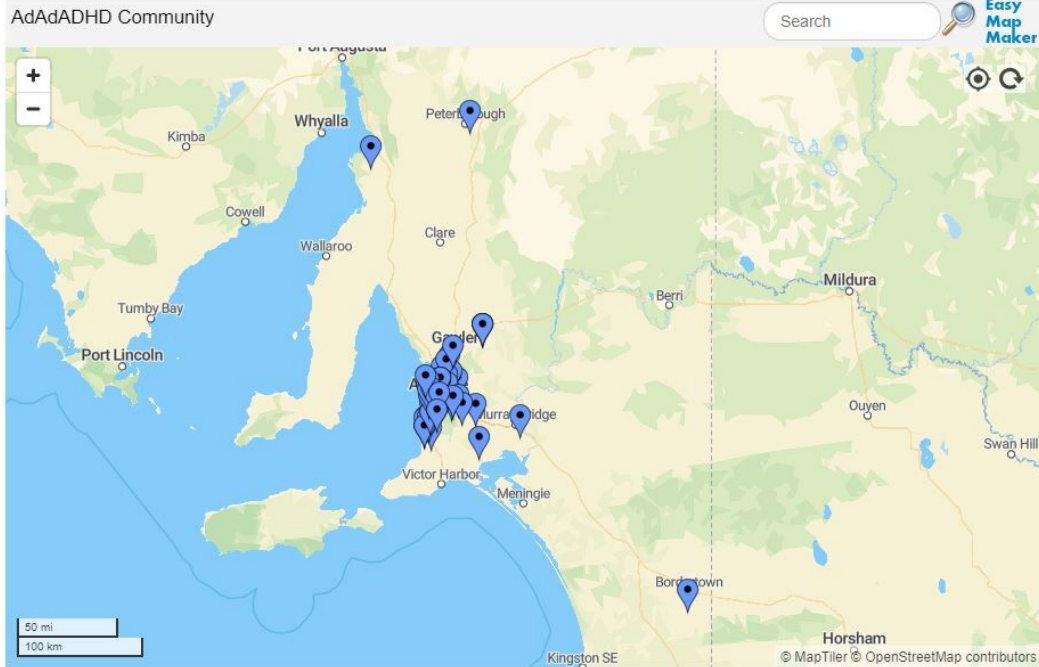
[Read more](#)



[More events](#)

WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 30/11/22. Responses included: 72



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 \(completely anonymously\)](#)

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USE OF MEDICATION



YOUR LIFE, YOUR VOICE

Tell us about your lived experiences of adult ADHD

Do you have a **story to tell**? A **tip to share**? We're always listening, learning and looking to understand.

[More events](#)