



Adelaide Adult ADHD

# NEWSLETTER

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

JULY 2022

FEATURED READING

FEATURED EVENT

FEATURED RESOURCES

## REGULAR UPDATES

WHERE YOUR COMMUNITY IS

WHO YOUR COMMUNITY IS

## HOW TO GET INVOLVED



## A NEW WAY TO CONNECT WITH YOUR COMMUNITY

One of the most common questions we hear from the community is **'How can I find other people to share experiences of adult ADHD with?'** We know that people lead busy lives across diverse locations so we have chosen to start with free, monthly online opportunities to meet and chat. These meet-ups are opportunities to learn about the people in our adult ADHD community, to support each other, and to bring our voices together to contribute to issues that impact us all.

The screenshot shows the website for 'Chat and connect Monthly meet-ups'. It features the Adelaide Adult ADHD logo and a list of dates for the meet-ups from July 2022 to June 2023. The dates are: 3pm Sat 30 July, 6pm Sun 28 August, 6pm Wed 28 September, 6pm Sat 29 October, 3pm Sun 27 November, 2023: 3pm Sat 28 January, 6pm Sun 26 February, 6pm Wed 29 March, 6pm Sat 29 April, 3pm Sun 28 May, 6pm Wed 28 June. There are also sections for 'TOPICS' such as 'How does procrastination show up for you?', 'Organisational tools for adults with ADHD', and 'Family challenges for adults with ADHD'. A note mentions that topics will be adjusted in response to community suggestions.

Register On **Eventbrite**



More AdAdADHD events

## FEATURED READING

ADHD NEWS & RESEARCH

### Roe v. Wade Ruling May Disproportionately Impact Girls with ADHD

"By limiting a woman's right to choose, the Supreme Court decision is likely to have chilling effects on the health and mental health of women with ADHD, not just immediately but over the long term."  
— Stephen Hinshaw, Ph.D.

by ADHDitude Editors | ✓ Verified | Updated on June 27, 2022



 [More AdAdADHD media and articles](#)

## FEATURED RESOURCES



**ADHD Whisperer**

ADHD Whisperer  
3.2k followers • 41 following

Posts About Mentions Reviews Followers Photos More

Research suggests that young women with ADHD are roughly 4 times more likely than their neurotypical peers to experience an unwanted pregnancy before age 30. This elevated risk, combined with a higher likelihood of engaging in unprotected sex and experiencing intimate partner violence, means that females with ADHD will almost certainly feel a disproportionate impact from the U.S. Supreme Court ruling overturning Roe v. Wade.

## EMOTIONS & ADHD

Emotional dysregulation refers to an inability to modulate one's emotional experience and expression, and is characterized by extreme responses to emotions.

Shaw and associates (2014) estimated that the prevalence of emotional dysregulation in children with ADHD to be between 24% and 50%, while the prevalence in adults diagnosed with ADHD to be around 70%. These challenges are far more detrimental to an individual's sense of self-worth and wellbeing than the core symptoms of ADHD (Shaw et al., 2014).

Extract from an article titled *Five Ways to Improve Emotional Regulation* published June 22, 2020. Thank you to the source NEXT STEP 4 ADHD. Go to <https://www.nextstep4adhd.com>



ADHD information & support for Australian adults, families & the community. [www.adhdadhd.org.au](http://www.adhdadhd.org.au)

  
**More  
AdAdADHD  
resources**

## FEATURED EVENT

### REVIEW

of the *Mental Health Act 2009 (SA)*

Have YourSAY

SOUTH AUSTRALIAN LAW REFORM INSTITUTE

### CLOSING 14 JULY

Don't miss your chance to contribute to the review of the **South Australian Mental Health Act**. The review wants to know about your experiences in using, accessing and dealing with the Act and about ways in which the law and practice can be improved.

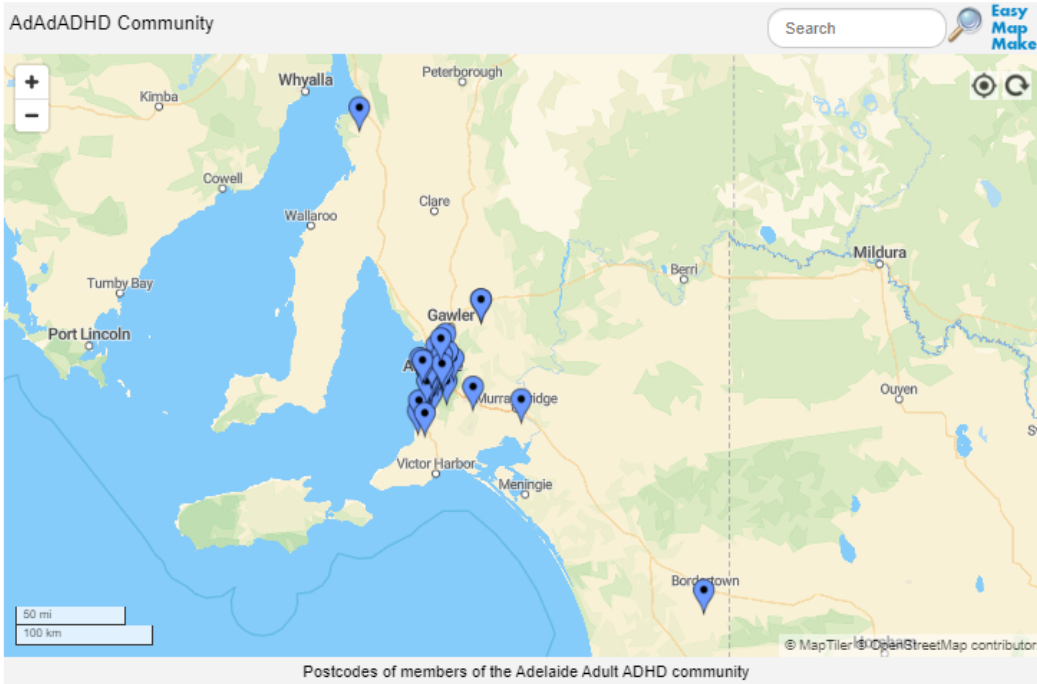
**yourSAY**



**More AdAdADHD events**

# WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 28/6/22. Responses included: 40



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

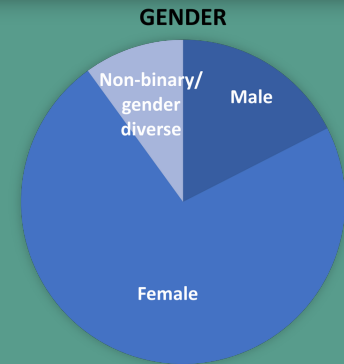
Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adult with ADHD.

 **Contribute your experiences and circumstances (completely anonymous)**

 **See more about who makes up your community**

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## AGE WHEN DIAGNOSED

