



Adelaide Adult ADHD

NEWSLETTER

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

JULY 2023

INFORMATION AND SERVICES
IDEAS AND INSPIRATION
COMMUNITY

REGULAR UPDATES

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

GET INVOLVED

WHO WE ARE



HOW CAN WE HELP EACH OTHER?

Many of the requests we get from our community relate to seeking ways to connect with other people with lived experience of adult ADHD. Adelaide Adult ADHD would love to help people do this - but what to do?

There is already a plethora of social media groups, sites and pages (South Australian, Australian and global) focussed on ADHD generally and quite a few about adult ADHD specifically. You can find links to some of there here. These offer opportunities to connect with others, and to find or organise formal and informal gatherings. But we keep getting queries from people feeling isolated and disconnected.

We do have our comments option on our home page and are pleased to see it being increasingly used to reach out, but we also acknowledge that it has limited functionality.

So, we'd love to hear from you. What else could we try? Have you seen anything work well somewhere else? What are the barriers to you accessing existing connections, like social media? What doesn't work for you about existing options?

We'd love you to tell us your thoughts, ideas and suggestions so we can do our best to help.

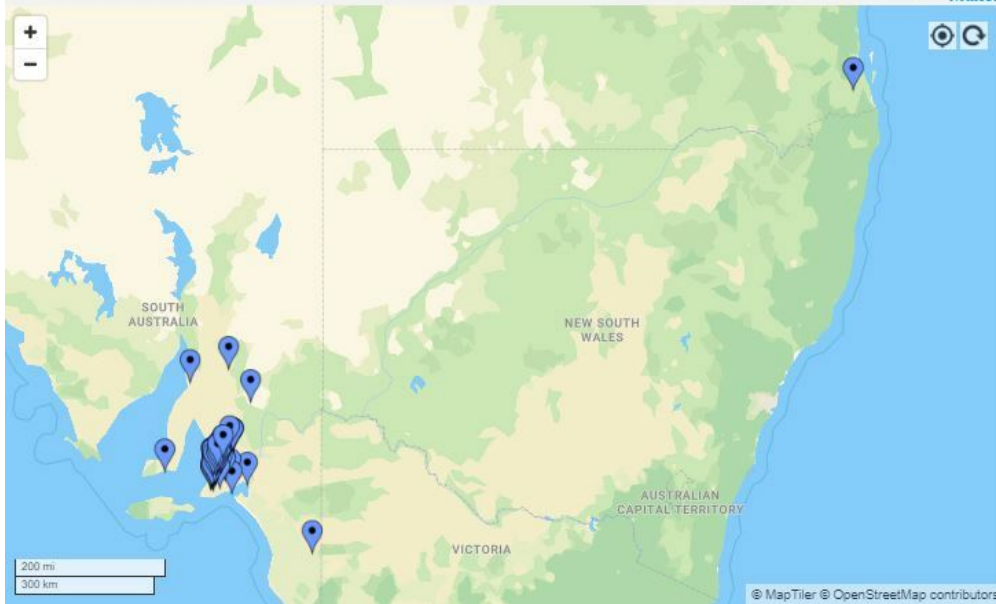
Access our survey here, or at www.forms.gle/58LQdWEqfsCWPHs4A.

WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 06/07/23. Responses included:145

AdAdADHD Community

Search



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

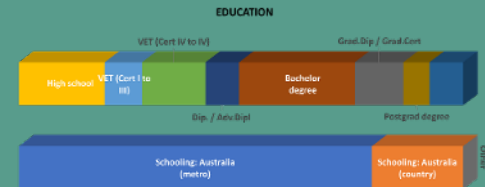


Be part of the picture *(completely anonymously)*

WHO YOUR ADULT ADHD COMMUNITY IS

Last updated 06/07/23

Responses included: 115



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.



Stories