



Adelaide Adult ADHD

NEWSLETTER

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

JUNE 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



TOGETHER YOU ARE PUTTING ADULT ADHD ON THE MAP AND IN THE PICTURE IN SOUTH AUSTRALIA

It's been exactly 1 year since the first Adelaide Adult ADHD newsletter went out, in July 2022.

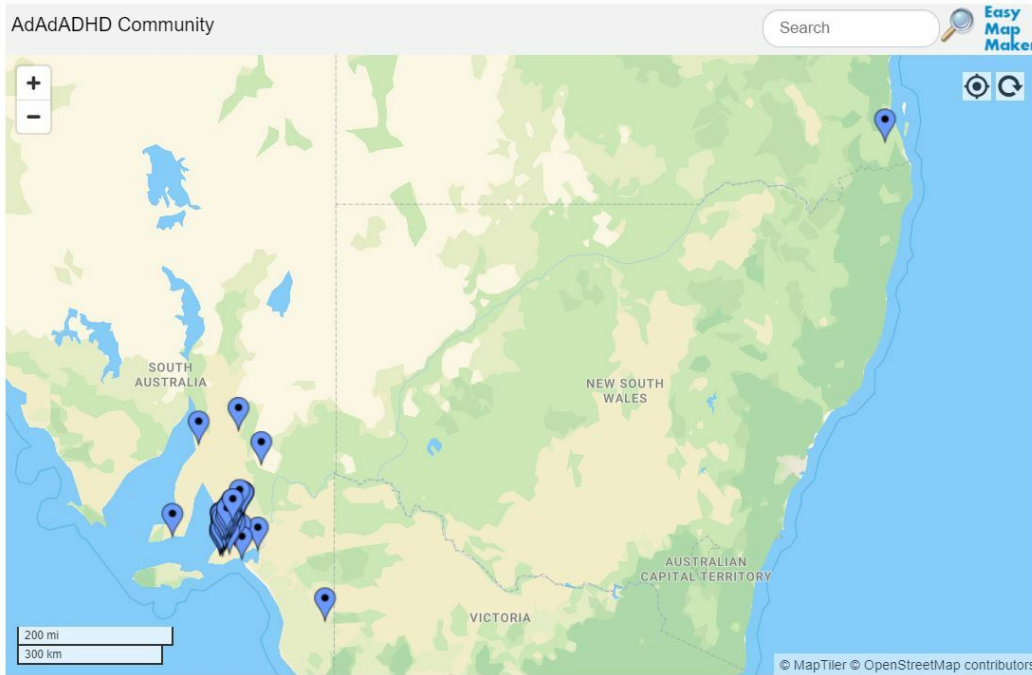
It was an absolute experiment - we really didn't know if it was something people needed, or wanted. To be brutally honest, part of the reason for Adelaide Adult ADHD and our newsletters to come into existence was because WE needed them. They gave direction and purpose to all the big feelings that come with being an adult with newly diagnosed ADHD. In the back of our minds was the thought that, if we didn't get any interest in the website or the newsletters, we'd just quietly let them go with no harm done.

As of this newsletter, over 100 people have told us a little about their experiences of adult ADHD. There are over 100 people on our South Australian adult ADHD map, and over 100 people sharing their lived experiences including education, work, health and culture. We thank you for your bravery and honesty in sharing your experiences with us and with your community.

We know this is just a tiny proportion of the people who are living with adult ADHD, and we hope to keep slowly but surely increasing our inclusivity of the adult ADHD community. We hope that this community will continue to grow, to share, to support, to reassure and to celebrate each other.

WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 01/06/23. Responses included:105



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.

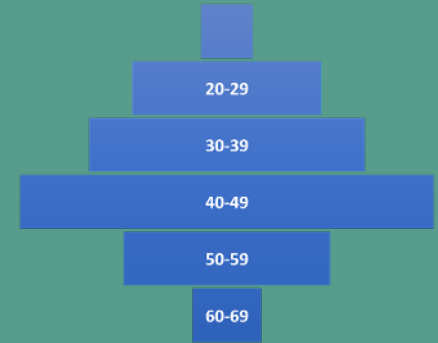
[More about your community](#)

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

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Responses included: 106

AGE WHEN DIAGNOSED



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](#)