



Adelaide Adult ADHD

NEWSLETTER

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

OCTOBER 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



OFFICE OF THE SA CHIEF PSYCHIATRIST: MENTAL HEALTH LIVED EXPERIENCE ADVISORY GROUP

South Australia's Office of the Chief Psychiatrist convenes a **mental health lived experience advisory group (LEAG)** that ensures consumers' and carers' perspectives are embedded in the design, implementation and evaluation of mental health policies, programs and services.

What does this really mean, in practice? It means that your experiences as adults with, and as families and friends of adults with, ADHD are recognised as critical to the way the state's mental health system operates and continually improves. Your voices matter, and people are listening.

Adelaide Adult ADHD has recently been appointed as a member of the LEAG, for a 3 year term, which means the adult ADHD community has an opportunity to:

- ▶ speak up - about your experiences
- ▶ speak out - about the things that matter to you
- ▶ speak for - your shared experiences and how they represent shared needs
- ▶ speak with - people who can create meaningful change.

It takes courage to share lived experiences, and trust to allow others to share those stories more widely. We respect those who don't feel able to share as much as those who do.

We will use this newsletter, and occasionally emails, to share opportunities for you to contribute your lived experiences to the LEAG.

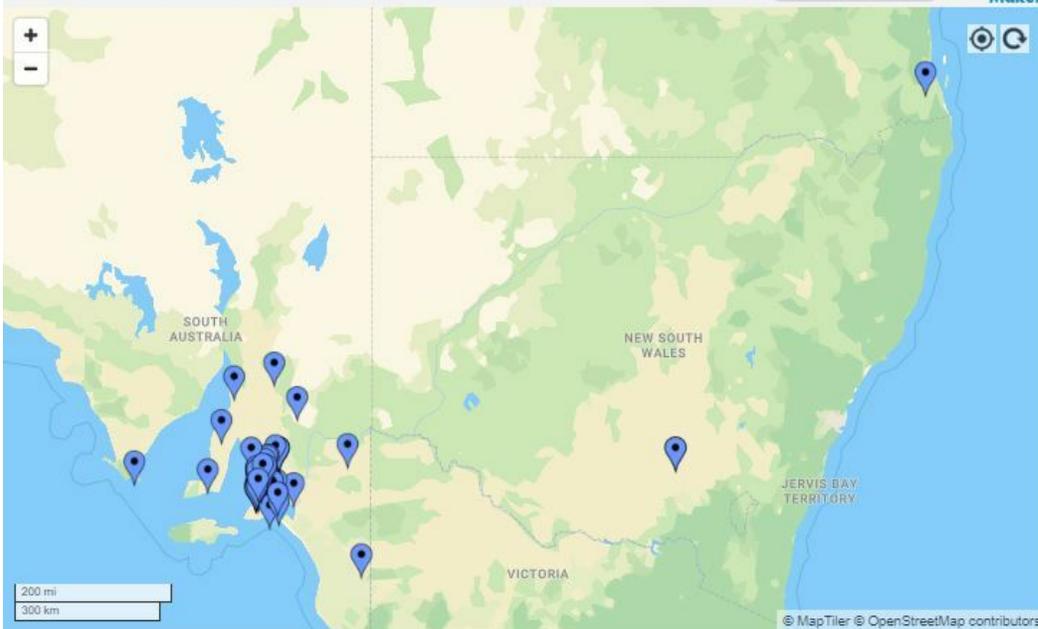
You can also email us directly (adelaide@adadadhd.net) or use the form on **this page** if you have a story you would like to share. Please confirm in your email that you give permission for us to share your story, and whether you would like to remain anonymous. You can see some stories that people have already shared with us **here**. You can also communicate with each other by commenting on our new discussion board, **here**.

WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 26/09/23. Responses included: 132

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](#)

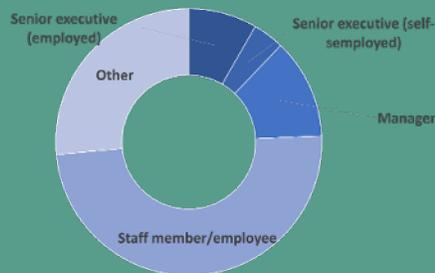
[Be part of the picture \(completely anonymously\)](#)

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Last updated 26/09/23

Responses included: 132

PROFESSIONAL ROLE



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](#)