



Adelaide Adult ADHD

# Adelaide Adult ADHD

August 2025 Info Drop

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

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Adelaide Adult ADHD has been contacted by The Advertiser newspaper about a story they are putting together on the use of body doubling as a strategy for managing ADHD.

If you are interested in sharing your story you can contact their journalist, Talara McHugh.

- Email: [talara.mchugh@news.com.au](mailto:talara.mchugh@news.com.au)



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