

Myths and truths

I thought **ADHD** was just for kids.
Can people my age have it?



ADHD isn't just a childhood condition. Many adults have it too; Some are **diagnosed young**, but most find out **later in life**.

Myths and truths

My child can't have **ADHD**, they're not hyper.



ADHD doesn't always mean **hyperactivity**. Some children seem more distracted or daydream, struggle to focus, forget things, or have trouble planning and organising. This is called predominantly **inattentive-type ADHD**. It's just as real, only subtler.

Myths and truths

Won't I just grow out of this soon? Can't I just wait instead of **taking meds** every day?



ADHD can **last into adulthood**. Some things may get easier over time, but **symptoms often continue**. Medication is one option, but not the only one. We can find a plan that works for you.

Myths and truths

Is it because I play on **my tablet too much** and watch **too much TV**?



No, **TV or games can't cause ADHD.**
Everyone's brain works differently. We
just need to learn how yours works best.

Conversations with adults

I didn't think **adults had ADHD**. I always assumed I was not trying hard enough.



You're not alone. **Adult ADHD** is more common than people realise. Sometimes, it can mean you were **putting in 100% effort and not always seeing the results you expected** because you were comparing yourself to someone who does not have ADHD.

Conversations with teens

So I've got **ADHD**? Does that mean life's always going to be harder for me?



Things may feel harder at times and so beginning to learn what works best for you can really make a difference. Where do your **strengths lie**? Are there things which make **challenging tasks** a bit easier? Who is your **support network** and how do you seek support out if you need it?

Conversations with children

Does **ADHD** mean I am doing something bad?



No, everyone's brain **works differently** and yours isn't doing anything **bad**. We're learning what makes your brain feel good and how it learns best.