

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 organizing. 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 realize. 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 just 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.