

BALANCING ADHD INFORMATION

As adults with ADHD, finding information about how to do life with our disability can be overwhelming. With so many resources available, it's important to balance where and how we seek guidance and advice.



FAMILY, FRIENDS, AND PARTNERS



Our loved ones generally know us pretty well. They can talk to us in ways that make sense and provide emotional support when needed. Loved ones may also learn more about ADHD to better support us. However, there are still a lot of misconceptions about ADHD. Our family, friends, and partners can sometimes be misinformed.

HEALTH PROFESSIONALS



General health providers can often answer questions about ADHD, and there are ADHD specialists who work with adults. Health providers can sometimes be expensive, and general health professionals might not always know specific answers to questions about adult ADHD. Black and Brown adults, in particular, may also receive a misdiagnosis or no diagnosis.

WEB SEARCHES + ONLINE COMMUNITIES



Researching ADHD questions online can be a great place to start. There are also many social media groups, pages, and hashtags that discuss living with adult ADHD. However, like many things online, these sources may not always be accurate or credible. As well, experiences shared on social media may not always align with how you experience ADHD.

[WHAT TO THINK ABOUT]

Seeing a specialist can be expensive, but sometimes we need an official diagnosis to pursue certain treatments. **Does the information you need come at a price?**

ACCESS

Many can search the web on their phones but might have to travel to see somebody in-person. **Are there alternative ways to access the information you seek?**

CREDIBILITY

All ADHD information isn't trustworthy, and it can be worth seeking additional guidance. **Can you trust the information? How do you know that it's credible?**

SELF-AWARENESS

You know yourself better than anybody else. From diagnosis to daily life, ADHD is different for each of us. **What information do you need to support your experiences?**

