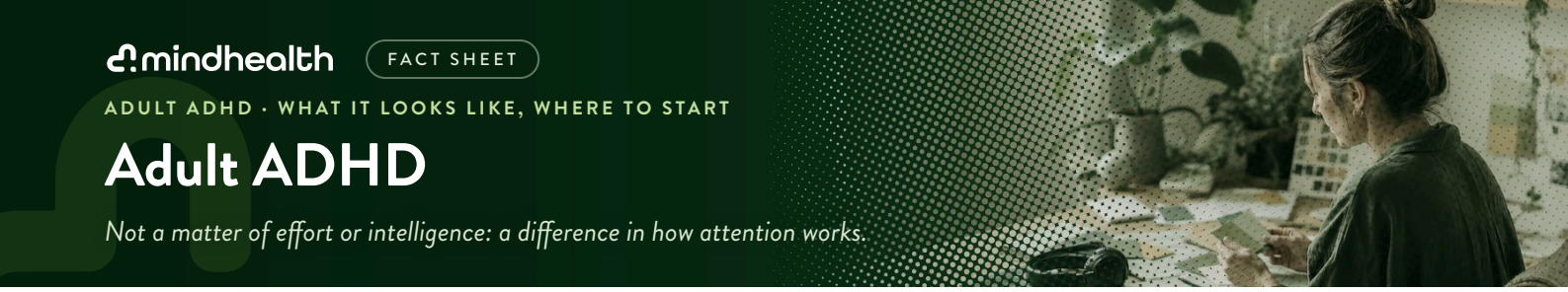
mindhealth FACT SHEET

ADULT ADHD · WHAT IT LOOKS LIKE, WHERE TO START

Adult ADHD

Not a matter of effort or intelligence: a difference in how attention works.



Attention
Starting and finishing tasks

Time
Time blindness, running late

Impulse
Restlessness, quick decisions

01 ADHD in adults

ADHD isn't only a childhood condition, and it isn't about laziness or intelligence. It's a difference in how the brain manages attention, activity and impulse: present since childhood, even when it is only recognised much later, often after years of working twice as hard for the same result.

02 Working with your brain

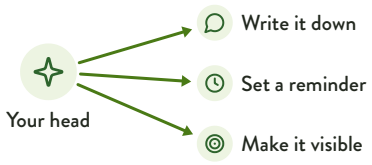
The most reliable strategies don't rely on willpower: they move the load out of your head and into systems you can see. When the environment does the remembering, the ADHD brain is freed to do what it does well.

03 What genuinely helps

- A proper assessment, for clarity and self-understanding
- Practical systems for planning, focus and routines
- Therapy for the self-esteem knocks that often come with it
- For some, medication via a GP and psychiatrist

THE STRATEGY

Externalise it



Get tasks out of your head and into one visible place: a list, a reminder, a board.

PRACTICAL TOOLKIT

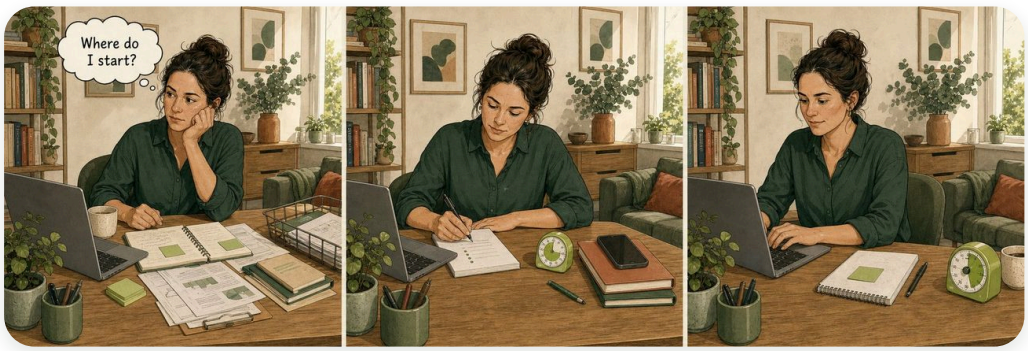
One visible system

1. Capture every task in one place
2. Turn intentions into timed alarms
3. Keep the next step in plain sight

Let the system remember for you.

A PRACTICAL STORY

From competing demands to one visible next step



WHEN TO SEEK HELP

If focus, organisation or restlessness are affecting work, study or relationships, an assessment can help. Ask us about adult ADHD assessment and support.

DID YOU KNOW?

The first medical description of what we now call ADHD is usually credited to British paediatrician Sir George Still, in lectures he gave in 1902.

Still, The Lancet, 1902

THE KEY TAKEAWAY

Understanding how your brain works is the first step to working with it, not against it.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

1300 084 200

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