

The ADHD National Gazette

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ANZAC DAY 25th APRIL 2024

At the going down of the sun and in the mornight we will remember them



**Mother's Day,
12th May 2024**

*Dymna Brbich
Chair/Director*



Welcome to our Autumn edition of the ADHD newsletter. This issue will bring you crucial updates on medications and much more.

The ADHD Helpline in Australia is expanding, and our team is addressing an increasing number of complex issues that our ADHD community is facing. We understand that many families, young people, and adults are finding it difficult to manage their budgets due to the significant rise in living costs. To support our community, the ADHD Foundation has launched a Budgeting and ADHD Series earlier this year, which will continue to evolve in the second half of the year.

<https://adhdfoundation.org.au/services>

We are aware that many organisations are charging high prices for ADHD services. With this in mind, the ADHD Foundation has developed high-quality and cost-effective services. In addition to the National ADHD Helpline, which is a FREE service, we offer free membership.

Please visit our website to learn about our other affordable services such as counselling, psychology, and group therapy.

EOFY Donation

Thank you to our community and our donors you have provided the means for us to grow the much needed services over the past year. We thank you. Please continue to support us.

From our wonderful counsellors on our helpline to the many volunteers who work behind the scenes your unwavering commitment and dedication to the ADHD community is what makes it the National ADHD representative organisation in Australia.

We thank our donors, supporters and those who have generously contributed financially to support the ADHD Foundations work during the last year. Your support has been invaluable in helping us achieve our goals. We are grateful for your contributions, which have enabled us to provide essential services to those who need it most.

The ADHD Foundation is a registered ACNC charity. We operate with a 100% volunteer workforce. We also don't receive government financial assistance. 100% of your donations go directly to increasing the support and services we provide. Our team are proud of our business model in being able to deliver vital support and services without the need to have expensive offices, CEO's or other added costs.

We hope that you will continue to support our charity in the future. Your contributions are essential to our continued success, and we are grateful for your support.

We believe that everyone deserves access to support, help and treatment for their ADHD, regardless of their background or circumstances.

"Everyone deserves a chance to shine".

Our goal is to make a positive impact on the lives of those in need, and we are grateful for your support in helping us achieve this.

The ADHD Foundation Australia provides a range of services to support individuals with ADHD, including:

- **Affordable Counselling** for individuals with ADHD to help them overcome any challenges they may be facing in their journey. Counselling can help individuals hone their communication skills, increase self-acceptance and self-worth, alleviate depression, anxiety, and other mental health disorders, and equip individuals with strategies to manage stress and change.
- **Our ADHD Helpline** responds to calls for help and support from the ADHD community. The helpline provides accurate and reliable support, information, and referrals.
- **ADHD Specialist Referrals** assisting allied health and medical clinics in supporting their patients.
- **ADHD Information and Education** delivered through regular workshops and online webinars to provide practical solutions for a variety of ADHD-related topics.

Learn more about our important work and ways you can support this community on our website:

Support



Queries from the Helpline

Who can prescribe ADHD Medication?

Regularly, the ADHD Foundation National Helpline team respond to queries from distressed clients who have received a diagnosis from a psychologist however, they are unable to have medication prescribed and need to seek a psychiatrist.

Stimulant medicines enhance the central nervous system (CNS) by increasing the activity of specific brain chemicals. Notable stimulant medications include dexamphetamine, lisdexamfetamine, and methylphenidate.

Lisdexamfetamine (Vyvanse):

This medication is used to treat conditions like attention deficit hyperactivity disorder (ADHD) and narcolepsy. It is available under the brand name Vyvanse®.

Methylphenidate (Ritalin, Concerta, Ritalin LA):

Methylphenidate comes in both immediate-release and sustained-release formulations. It is commonly prescribed for ADHD, narcolepsy, depression, and acquired brain injury.

Prescription Authorization

Stimulant medicines can only be prescribed by authorized specialists recognized by the Department of Health.

These specialists include:

- Psychiatrists
- Paediatricians
- Neurologists (choose to or not treat ADHD)

GPs may assist in the care of patients already receiving stimulant treatment, but they cannot initiate such treatment. They need to apply and be approved by the State Health Department for ongoing the care of their patient.



Why Can't My Doctor Prescribe Dexamphetamine Anymore?

There are specific restrictions on the supply of stimulant medications, dexamphetamines included. These restrictions apply if:

- You have a specified medical condition, such as psychosis or bipolar disorder.
- You are receiving medication to treat substance abuse.

In such cases, your specialist must seek permission from the Department of Health before prescribing stimulant medication.

Additionally, you may be required to undergo urine drug screens. Your consent is necessary for the specialist to share this information with the Department of Health.

However, these restrictions do not prevent you from accessing the most appropriate stimulant medication. It's essential to have an open discussion with your specialist. They can liaise with the Department to ensure the best possible outcome for your treatment.



I have spent a lot of money on an ADHD assessment with a psychologist. Why do I have to see a psychiatrist for another assessment to be prescribed my ADHD medication?

In Australia, psychiatrists and paediatricians are authorized to prescribe medication for ADHD.

Psychologists, on the other hand, do not have the authority to prescribe medication. Their diagnosis alone is generally insufficient for this purpose. The key reasons behind this distinction are:

Medical Training: Psychiatrists are licensed medical doctors who undergo extensive training, including pharmacology (the study of drugs and their effects). This knowledge equips them to prescribe medications, including those used to treat ADHD.

Psychologists' Role: Psychologists focus on psychological assessment, therapy, and counselling. While they play a crucial role in diagnosing ADHD and providing behavioural interventions, their expertise does not extend to prescribing medication.

Uniformity and Regulations: Each Australian state and territory has its own laws regarding Schedule 8 (dangerous drugs/poisons), which includes stimulants used for ADHD treatment. These varying regulations pose challenges for telepsychiatrists and patients who are moving between jurisdictions. Some states won't honour the prescriptions of other jurisdictions.

Real-Time Prescription Monitoring (RTPM): Australia has implemented the RTPM system to monitor controlled medicine prescriptions. RTPM helps prescribers check for contraindications before prescribing stimulant medications. While it is mandatory in Victoria and Queensland, it remains voluntary elsewhere.

The ADHD Foundation National Helpline team are here to support your journey and can provide the best and most economical pathway to diagnosis.

If you need support and help, get in touch here: [Contact Us - ADHD Foundation Australia](#)

Can I get my interstate prescription for stimulants dispensed in WA?

There have been revisions to the [Schedule 8 Prescribing Code](#).

Until recently people coming to WA were unable to get their Interstate prescriptions for stimulants dispensed in WA.

The Department of Health has made some changes to these regulations, and you may be able to get your interstate prescription filled in WA if the following applies to you:

- Your residential address is in WA.
- The prescription was provided by an approved specialist (usually a paediatrician or psychiatrist) practising in another state or territory through a telehealth consultation.
- The prescription was issued on or after 13 December 2023.

If the above criteria are not met, then your interstate stimulant prescription cannot be dispensed in Western Australia.

You will need to visit a doctor in Western Australia who will contact the Department of Health. Documentation from your previous doctor regarding your medical condition will need to be supplied.

Information reflecting the new requirements for dispensing interstate stimulant prescriptions can be found here:

- [Dispensing Interstate Prescriptions](#)
- [Healthy WA Stimulant medicines](#)



ADHD Development for Educators

The ADHD Foundation Australia has partnered with the ADHD Foundation Neurodiversity Charity in the UK to bring you the very best in knowledge and expertise in their field. By participating on our online training programs teachers, school counsellors, teachers support, principals and heads of departments will gain a deeper understanding of neurodiversity, developing new skills to further support the diverse learning needs of your students.



Colin Foley

Director of Training
ADHD Foundation UK

After 25 years as a secondary teacher and senior leader, Colin's work is grounded in empowering teachers to deliver outstanding outcomes for children and young people with ADHD.



Arron Hutchinson

Education Training
Director & Therapeutic
Practitioner
ADHD Foundation UK

Following a 5 year teaching career, Arron joined the UK Foundation to deliver therapeutic interventions for children and young people with ADHD. He also delivers high-quality CPD for school staff.



Emma Weaver

Deputy CEO
ADHD Foundation UK

Emma's expertise in developmental psychology enables parents and carers of children and young people with neurodevelopmental conditions with the support to ensure early intervention takes place.



8th of May, 2024

Recognising & Regulating Emotions

Emma Weaver

The course will discuss how an individual's mental health is impacted by neurodiversity, exploring anxiety, Rejection Sensitive Dysphoria and more. [BOOK NOW](#)

22nd of May, 2024

Reading, Writing and ADHD

Arron Hutchinson

This session will focus on how literacy skills can be impacted by ADHD, focusing on inattention, executive functioning skills, anxiety and more.

[BOOK NOW](#)

5th of June, 2024

Supporting Memory in the Classroom

Colin Foley

This evidence-based webinar will explore the different forms of Memory with a particular focus on Working Memory.

[BOOK NOW](#)

19th of June, 2024

Girls, Young Women and ADHD

Emma Weaver

This session will explore a variety of reasons why girls with ADHD can often be missed, including masking, differing presentations and societal expectations. [BOOK NOW](#)

Learn more and keep up to date by registering as a member on our website:

[View](#)

For further information contact us below:
events@adhd.foundation.org.au



Update on Vyvanse Shortage

The ADHD Foundation National Helpline Team have been supporting distressed and anxious members of our community to help them find solutions to the shortage of the Vyvanse medication.

Vyvanse is used to treat serious conditions such as attention deficit hyperactivity disorder (ADHD) and binge eating disorder (BED). We understand the difficulties shortages of this medicine will cause, and we are responding to this issue as a priority.

We are working with Takeda and other sponsors to monitor the availability and supply of this medicine. This updated information is available on the Department of Health website.

Please also refer to the [Medicine Shortage Reports Database](#). Search for 'Vyvanse' for the most up-to-date information.

In December 2023, Takeda Pharmaceuticals Australia notified us about the limited availability of some strengths of Vyvanse (lisdexamfetamine dimesilate).

Product	Return to normal supply
Vyvanse 30 mg	Resolved 26 March 2024
Vyvanse 40 mg	30 April 2024
Vyvanse 50 mg	Resolved 7 March 2024
Vyvanse 60 mg	19 April 2024

The shortages of the 30 mg and 50 mg products are now resolved, while the shortages of the 40 mg and 60 mg products continue.

The supply of Vyvanse 20 mg and 70 mg strengths has not been impacted to date.

Takeda has advised that the shortages have been caused by manufacturing delays compounded by increased demand and while they are expecting some deliveries of the strengths of Vyvanse that are in shortage during this period, these are not expected to satisfy all demand.

We have approved the supply of an overseas-registered alternative to Vyvanse 60 mg under section 19A of the Therapeutic Goods Act 1989. Up-to-date information is available on the [Section 19A approvals database](#).

This product is not listed on the Pharmaceutical Benefits Scheme (PBS) and will be significantly more expensive than the Australian product.

Information for patients

We understand how important a regular supply of Vyvanse is for patients and their carers, and we appreciate the concern and difficulty these shortages may cause, due to special requirements such as restrictions on the kind of medical practitioners who can write prescriptions for Vyvanse, and extra rules around dispensing these medicines at pharmacies.

There is always someone to talk to about mental health and behavioural concerns.

- If you or someone close to you is experiencing an emergency or is at immediate risk of harm, call triple zero (000).
- To talk to someone now, call Beyond Blue on 1300 22 4636 or Lifeline on 13 11 14.

Health Direct has a full list of mental health resources: www.healthdirect.gov.au/mental-health-resources

Your pharmacist can advise you about the best way to obtain Vyvanse during these shortages. If you are unable to fill your Vyvanse prescription, talk to your prescribing doctor, paediatrician or psychiatrist about other treatment options for you or the person you care for.



The Parent Diagnosis Checklist

If you suspect your child has ADHD or is being assessed for ADHD – apart from prescribed medication, you might wonder what else you can do to help.

As a parent (or carer) you are in the best position to observe behaviour and investigate all avenues, to ensure your child gets optimal learning outcomes and retains a healthy self-esteem. Below are some suggestions!

Pathway

Firstly discuss your concerns with your GP. Your GP is the key person for referrals to other specialists, including a Paediatrician for an ADHD assessment and treatment.

Your GP can develop a Management Plan for your child. This includes assessing your child regularly, agreeing to management goals, identifying actions to be taken, and treatment and ongoing services to be provided. Ask your GP for a referral to a local Paediatrician who treats ADHD.

Paediatricians

To diagnose ADHD using the DSM-5 and prescribe medications. Find one you are comfortable with as you will be seeing them regularly.

Note: When your child turns 18yrs, they will need to be referred to see an adult psychiatrist for ongoing treatment and medication scripts. There is a shortage of psychiatrists who treat adult ADHD throughout Australia, so plan ahead. (Our Helpline can assist – Ph: 1300 3939 19)

Psychologists

Can be helpful when faced with parenting and behavioural difficulties. Your GP may be able to refer you using a Mental Health Plan or through the ATAPS program for Medicare-covered visits, and you may be eligible for free counselling from your local Health District or Community Clinic.

Parenting is easier if both parents use the same strategies, so ideally involve your partner. Your relationship will probably be tested by your ADHD child and Psychologists who treat ADHD, can also help with relationship difficulties.

If your relationship is strong, you are in a better position to parent well. Additionally, older kids with ADHD can benefit from CBT (Cognitive Behavioural Therapy) and strategies for dealing with anxiety, depression, addiction, etc.



Initial Steps

There are a couple of initial steps you can take while waiting for an assessment:

Eyesight: Optometrist for sight. Behavioural Optometrist to check if eyes are working in together, adjusting sight from near to far, etc. Most children need to be re-tested when older.

Hearing: Government Auditory Clinic, University Auditory Clinics, Community Health Centres, Children's hospitals, or a private Audiologist.

Food and chemical allergy and intolerance tests: Some hospitals have an Allergy Clinic, otherwise an Allergist. Tests covered by Medicare with referral from your GP.

Inappropriate Behaviour: Consider one of the Parenting Programs to help you put some good solid basics into practice: routine, structure, and consistency, etc. 1.2.3 Magic or Triple P program.

ADHD is not the result of poor parenting – but we can all learn optimal ways to deal with concerning behaviour while keeping cool.



Records

Start a folder to keep all school reports, including NAPLAN. Plus assessment results ie: psychometric testing, sight, hearing, OT, speech, etc. Specialists and schools often ask what reports you have done, so have copies ready. NEVER hand over originals, only copies – or ask them to photocopy.

You may need these documents for the extent of your child's school life, TAFE, etc. When you go to a Paediatrician, Psychologist, or child Psychiatrist – take your folder with you so they can see what tests you have already covered. File with the most recent on top.

School Counsellor

If there have been difficulties at school, especially with behavioural issues in the class or playground, instances of bullying, displays of anger, symptoms of anxiety, or not wanting to attend or do homework.

Talk to the teacher first, if not satisfied with the response, then make an appointment with the Principal. School counsellors can perform tests that indicate whether your child may have learning problems and/or ADHD.

Make sure you have a meeting with the counsellor to discuss the test results and request copies of the tests (for your folder). The school counsellor should advise the Principal and class teacher whether Learning Support is needed.



Child 'Educational' Psychologist

If your school doesn't have a counsellor, or if your school counsellor is reluctant to run tests, seek a 'psychometric' test from a private child "Educational" Psychologist, who will undertake testing (which includes IQ tests), to determine the child's cognitive functioning.

The test results can be used by your class teachers to make appropriate "adjustments" for the child's strengths and weaknesses and learning style.

A private assessment can also be taken to the school Principal when approaching the school for learning support, or for a meeting with the Principal when changing or starting at a new school.

If you need to obtain an assessment privately:

- Most of the major Children's Hospitals have a multi-disciplinary assessment centre. These are covered under Medicare but usually have very long waiting lists.
- Check with the Psychology team at the Universities for psychometric testing for children.
- There are Learning Assessment Centres ie: Learning Links at Peakhurst, NSW. Their fees are approximately half that of a private Educational Psychologist but also have long waiting lists.
- The organization SPELD is in all states, and most run LD and ADHD assessments.
- Private 'Educational' Psychologists. Expensive but with an extensive report.

The reason to start with a full assessment is to establish the reason for the child's learning problems ie: ADHD, auditory/visual processing, executive functioning, language, motor, inattention, etc.

The report will then be able to advise the best method for the child to learn – helpful for the class teacher and suggest appropriate professionals to engage where necessary ie: Paediatrician, psychologist, speech, etc.



There is no point running around from one professional to another on the advice of a friend. The assessment will pinpoint the problem areas and advise the kind of help your child needs.

When you go to a Paediatrician, you will normally be asked to get a report from the school. Remember, Paediatricians are medical professionals so you will get a medical result ie: medication. Psychologists can do an IQ test, look at behaviour and advise how to manage that behaviour.

'Educational' Psychologists put an 'educational' interpretation on the test results and look at how to manage the educational aspects of the problem.

Many children diagnosed with ADHD also have underlying learning difficulties (70%), which are often totally overlooked and left untreated, causing anxiety and behavioural issues.

Occupational Therapists

If your ADHD child has difficulty writing, is clumsy and un-coordinated ie. at sports, cannot sit upright at their desk in class or have sensory modulation difficulties, then a Paediatric Occupational Therapist can help with both fine and gross motor skills. They can also suggest strategies to reduce restlessness in the classroom.



Speech Therapists

Treat children with speech articulation and fluency issues (eg. stutters), while Speech-Language Pathologists assess speech, language cognitive-communication, and oral, feeding, or swallowing skills to identify types of communication problems (articulation; fluency; voice; receptive and expressive language disorders, etc.).

Sport

Encourage your child to have one or two sporting activities outside of school. Choose activities that your child likes and has some appetite for. Benefits include:

Having a wider range of friends:

More than just those at school, this is useful if you need to change schools.

Improved self-esteem and fitness:

A healthy body image and importantly the production of Adrenaline which pushes up the Dopamine those with ADHD need. Dopamine helps to feel calmer think clearly, concentrate, and focus.

Green spaces have a stress-reducing effect:

ADHD kids often enjoy Cubs and Scouts, Boys Brigade, Surf Nippers, Youth groups, Martial arts (where they learn discipline and respect), Athletics and Swimming.



ADHD for Teens

ADHD presents in many ways. You may be thinking, "I get on pretty well in life, but":

- My memory is like a sieve.
- I am often running late.
- I'm disorganised.
- I worry a lot.
- I feel bad about myself.
- People tell me I talk too much.
- I interrupt conversations.
- I daydream.
- I can't remember verbal instructions.
- I am impulsive.
- I get side-tracked.
- I procrastinate.
- I multi-task even when I should focus on one.
- I am more sensitive than most people.

If you experience some of these symptoms, it doesn't mean you are definitely affected by ADHD. Everyone has some of these attributes some of the time.

How is ADHD Diagnosed?

Take the first step by talking to someone you know and trust – like a close friend, a relative, a teacher, a counsellor, your local doctor.

Ring the ADHD Foundation Helpline for the names of psychiatrists or paediatricians who treat ADHD in your area. Your GP (local doctor) is then able to write a referral to one of those specialists. This is the way to diagnosis, and hopefully will help in making the life easier to deal with day to day.

ADHD Foundation Helpline: 1300 39 39 19



What happens after diagnosis?

A management plan for ADHD is vital to achieve the best outcomes. This plan may include:

- Education to understand your ADHD more, and daily strategies to help you cope better.
- Medication to help with your symptoms, including calming your busy brain.
- Individual or family therapy.
- Counselling to address your self esteem, and perhaps anger management issues.

Remember: Medication doesn't 'cure' ADHD, but it does help you to manage the symptoms.

There are many successful people all over the world living with and managing their ADHD well, who lead fulfilling and productive lives.

What is a co-existing condition?

It is common to have co-existing conditions with ADHD – such as anxiety, depression, learning difficulties, Asperger's syndrome (autistic spectrum).

Unfortunately, some people are treated for their presenting problem, overlooking the underlying ADHD. When ADHD is not recognised or not treated, it may lead to 'self medication' with substances such as alcohol or illicit drugs, which can lead to addiction.

What about school and further studies?

Schools have access to information, resources and expertise to support all students experiencing ADHD.

The school may need you to provide them with your doctor's diagnosis, any specific learning and behavioural challenges, and any other treatment you are getting.

They may also need to know what medications and doses you are taking; also, if your paediatrician, psychiatrist or psychologist has a management plan in place for you.



Information on Vaping

Many Parents and carers across Australia have been speaking to our National Helpline because they are concerned about their young adults and the dangers of Vaping.

The ADHD Foundation conducted an online webinar to provide information. Email events@adhdfoundation.org.au and expressing your interest in accessing the recorded session.



It's essential to understand that young people who vape nicotine are exposing themselves to toxic chemicals that can negatively impact brain development, which continues until the age of 25. By staying informed and spreading awareness, we can help protect our youth from the dangers of vaping.

The issue of vaping is more severe for teenagers with ADHD due to nicotine acting as a stimulant, targeting the same dopamine receptors as medications like Adderall, Vyvanse, and Concerta.

Dopamine, a neurotransmitter that transmits signals between nerve cells in the brain, is key in this process. Nicotine triggers dopamine receptors in brain regions associated with pleasure production, leading to the brain associating and seeking these positive feelings.

By impacting the nucleus accumbens, the brain area controlling cognitive functions, pleasure, motivation, and reward, nicotine creates sensations akin to the pleasure experienced when eating.

Educating our Community

More research is needed, however, a comprehensive study was done in January 2018 by the Academies of Science, Technology, and Medicine. It was concluded that it is dangerous and unsafe to inhale glycerin and propylene glycol

Additionally, in 2009, the FDA tested several types of pre-filled vaping cartridges and found traces of diethylene glycol, a toxin that is found in antifreeze.

A 2018 study of 56 e-cigarettes found the presence of toxic metals — including lead, nickel, and chromium — in the aerosol.

Though it's been banned in Europe and shown to cause bronchiolitis obliterans, or "popcorn lung," the chemical diacetyl is used by some e-cigarette manufacturers.

Similarly, the chemical acetaldehyde, found in some e-cigarette smoke, is shown to damage the lining of the mouth, throat, and stomach.

The dangers of vaping, unlike tobacco, are not fully known — but early research is not promising.

Australian Health Authorities

The Australian Medical Association (AMA), Cancer Council Australia and the Australian Council on Smoking and Health (ACOSH) have published positions on e-cigarettes, saying:

There is insufficient evidence to promote the use of e-cigarettes for smoking cessation. There is increasing evidence of health harms.

E-cigarettes may normalise the act of smoking and attract young people. E-cigarettes should be more properly regulated.

Read more on these organisational positions and find resources on their official websites.



Support for ADHD at University

Not every school, university or workplace understands the need to accommodate and establish a diverse learning environment that supports and promotes the learning needs of the ADHD community.

Firstly, ADHD is a neurodevelopmental disorder that can affect a person's ability to concentrate, pay attention, and control impulsive behaviour. These difficulties can make it challenging for students to stay focused during lectures, complete assignments on time, and stay organised with their study materials.

Navigating university life with ADHD can present its own set of challenges, but with the right strategies and support, it can also be a rewarding experience.

Management Strategies

Here are some tips to help you thrive academically and personally while pursuing your higher education with ADHD:

Create a structured routine

Set specific times for studying, attending classes, taking breaks, and getting enough rest.

Seek academic accommodations

If you require additional support due to your ADHD, reach out to your university's disability services office.

They can provide accommodations such as extended test-taking time, note-taking assistance, or access to specialised resources to help you succeed in your studies.

Build a support network

Surround yourself with understanding friends, family members, or classmates who can offer encouragement and assistance when needed. Consider joining a support group for students with ADHD to connect with others who can relate to your experiences.



Reluctance to Request Accommodations

Being labelled is the reason given by young adults who contact the ADHD Helpline.

They know they should have their ADHD considered to provide them with the best chance at success, but the reluctance to do so can cause much anxiety and stress.

Here are some of the fears we hear regularly:

- Feelings of cheating or being put at an unfair advantage.
- Losing or being criticised by friends.
- Not wanting to be labelled with a disability.
- Being overwhelmed by the process of applying and having accommodations approved.

Benefits of Accommodations for ADHD

Reaching your Potential

By seeking support for ADHD, students can develop strategies to manage their symptoms, such as improving their time management skills, staying organised, and breaking down assignments into smaller, more manageable tasks.

These strategies can help students to be more effective and efficient in their studies, leading to better grades, more extraordinary academic achievement, and a more fulfilling university experience.



Self-Achievement and Self-Esteem

Students with ADHD may struggle with tasks that seem easy for others. As a result, they may feel like they are not meeting their expectations or the expectations of others, which can erode their self-confidence and self-esteem.

Seeking support for ADHD can help students better understand and accept their condition. This can lead to a more positive self-image and self-acceptance, boosting self-esteem and confidence.

By understanding that ADHD is a neurodevelopmental disorder affecting many people, students can shift their focus away from feelings of shame and towards feelings of self-acceptance and self-compassion.

A More Enjoyable University Experience

Students can develop a more robust support network, boosting self-esteem and confidence.

By working with academic advisors, disability services, and mental health professionals, students can create a sense of community and support that can help them to feel more confident in their ability to manage their symptoms and succeed in their studies.

Students can develop new skills, meet new people, and build a community outside the classroom. This can help them to feel more engaged in the university experience and more connected to the broader community.

By joining clubs, sports teams, or volunteering opportunities, students with ADHD can develop a sense of purpose and accomplishment.

Increasing Opportunities for Postgraduate Study Later

By accessing support resources and developing effective strategies to manage their ADHD symptoms, students can improve their academic performance.

This can be particularly important for postgraduate study, where the academic demands are often more intense and challenging than undergraduate study.

By improving their grades and developing strong academic skills, students with ADHD can increase their chances of being accepted into postgraduate programs.

Securing Future Support

By accessing support resources and services, students can establish a track record of their ADHD diagnosis and their university support. This can be important if they need to apply for accommodations or aid in the future, such as in postgraduate study or the workplace.

By having a documented history of their ADHD diagnosis and the support they received, they can provide evidence of their needs and make it easier to access support in the future.



How to Get Started

Remember, having ADHD is just one aspect of who you are, and it doesn't define your potential for success. By implementing these strategies and seeking support when needed, you can navigate university life with ADHD and achieve your academic goals.

Joining a support group and meeting other students in similar positions will help you realise that you are not alone and can share experiences with people who understand.

The Office for Student Disabilities Service in your Tafe or University might run a support group or will have the details of one held on campus. Make enquiries early!



ADHD Foundation in the Media

Our team at the ADHD Foundation, alongside our wonderful volunteers, is dedicated to offering a multitude of effective and engaging learning opportunities tailored to your needs. Whether you're seeking to stay updated on the latest research, improve your management of ADHD for yourself or a loved one, or connect with those who share similar experiences, we've got you covered. Check out the following channels to get started:

Membership

Providing free membership at the ADHD Foundation is a wonderful initiative that helps support individuals with ADHD and their families. Access to resources, support, and opportunities for learning and connecting within the ADHD community:

[Register](#)

Newsletter

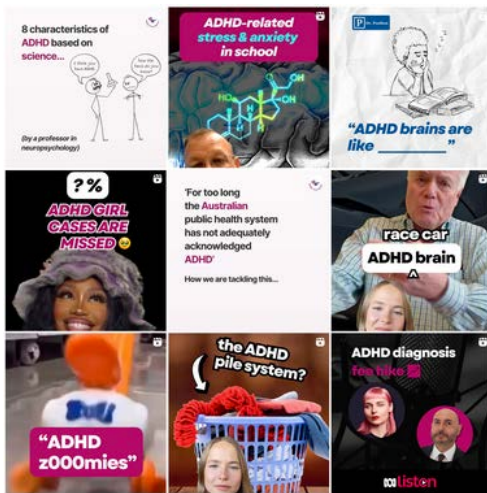
We offer the newsletter as a means of keeping our community informed about the latest updates, events, resources, and initiatives relating to ADHD. Find previous newsletters and subscribe to notified:

[Subscribe](#)



Instagram

@theadhdfoundation

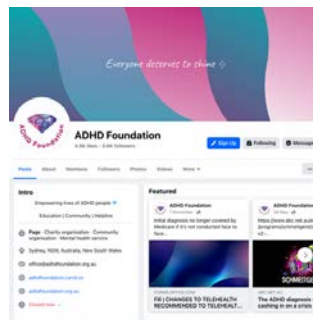


Our Instagram page is packed with a variety of content that we think you'll love. From motivational quotes to funny memes and informative posts.

If you're looking for a little bit of inspiration, a laugh or two, or just some helpful information, be sure to follow us on Instagram.

Facebook

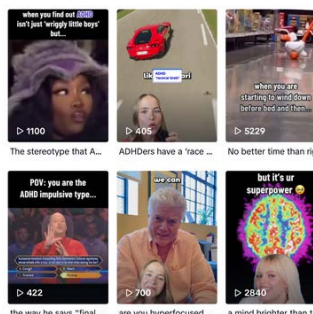
@theadhdfoundation



Get involved in the ADHD Foundation Community. Keep an eye out for upcoming events, webinars, and research surveys in which you can actively take part. Be notified of published newsletters and articles.

TikTok

@theadhdfoundation



Join the community on TikTok where ADHD awareness is growing rapidly. You'll find solace in knowing that you're not alone, as many others share the quirky and distinctive aspects of life with ADHD.



Our Community

REGISTER AS A MEMBER OF THE ADHD FOUNDATION "its free" FOR MORE EXCITING NEWS

Join our National ADHD Members Portal!

In today's world of increased costs isn't it great to hear our membership is free! Everyone should have equal access to resources, support, and opportunities for learning and connecting within the ADHD community.

- Immerse yourself in a diverse community of people who share your passion and goals.
- Find priority opportunities to participate in networking events, workshops, & newsletters.
- And much more!

Sign Up

Helpline

Our ADHD support service is here to help you. By enquiring via our website, you can be connected with a counsellor for guidance in finding the right next steps, as well as referrals to trusted professionals who specialize in ADHD.

Contact

Donate

Thanks to the contributions of our generous donors and volunteers, we have been able to achieve many milestones that we are incredibly proud of.

If you are able to contribute to our cause we would greatly appreciate it. Whether it's through a financial donation or by volunteering your time, every little bit helps.

We are incredibly grateful for all of our supporters, and we look forward to continuing to work together towards a brighter future for those living or caring for loved ones with ADHD.

Support



Contact the office for media enquiries, partnerships, admin and other enquiries.

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