

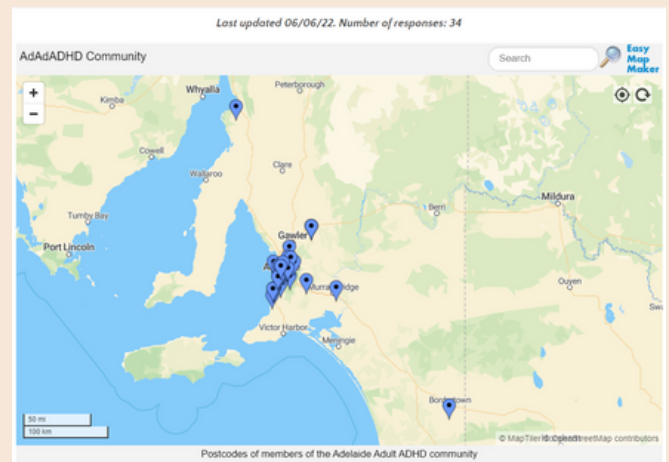


WHAT'S NEW? **A NEW WAY TO CONNECT**

We have been receiving questions about how participants can connect with each other outside organised events. We encourage people to use existing FB groups (like [this one](#) and [this one](#)) but we are also trialling a [discussion board](#) on our website. Please feel free to have a look and let us know what you think.

YOUR COMMUNITY **IT'S GROWING**

Ever felt 'unseen'? We are trying to help everyone feel seen, by mapping where you are, who you are, what you do and what your lives look like. Tell us about yourself [here](#), find yourself on our [map](#), and see yourself included [here](#). So far 34 of you are here - join in!



WHAT'S BEEN HAPPENING?

On 22 May we held our first ever Adelaide Adult ADHD event. We are so grateful to everyone who expressed an interest in the event, and everyone who was able to join (we know that wanting to participate and being able to are not the same thing). You can see a summary and report from the event [here](#).

KNOWLEDGE IS POWER

Medical and clinical research

- [Two in five adults with ADHD are in excellent mental health \(2022\)](#)
- [Does ADHD Symptomatology Influence ...Risk in Eating Disorders? \(2020\)](#)

Media and public reports

- [SA Mental Health Lived Experience enews](#)
- [What is 'Brain Flossing' ...neurodiversity? \(2022\)](#)

ADHD REFLECTIONS

- [ADHD for Smart Ass Women \(Podcast\)](#)
- [Me, myself and ADHD \(FB\)](#)