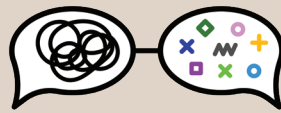


# A

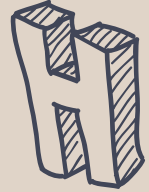


NEURO DIVERSITY  
SIX MENTAL HEALTH SOLUTIONS



# D

# ADHD



## WHAT ADHD STANDS FOR

Attention Deficit Hyperactivity Disorder (ADHD) is a relatively common lifelong mental health condition that affects an estimated 1 in 20 individuals in the UK. ADHD can be diagnosed at any stage in life and can affect anyone regardless of gender or ethnicity. It's officially defined as 'a neurodevelopmental disorder characterized by inattention, or excessive activity and impulsivity'.

It's also often described as the worst named mental health condition, as it:

- Contains two negatives (Deficit and Disorder) and no positives
- Emphasises hyperactivity which is not necessarily present
- It's not a deficit of attention but a difficulty in channelling that attention: understeered, it manifests as inattention, and oversteered, as hyperfocus



## TYPES OF ADHD

There are three main types of ADHD characterised by differing levels of hyperactivity/impulsivity and inattention:

1. INATTENTIVE
2. HYPERACTIVE AND IMPULSIVE
3. COMBINED

## CHARACTERISTICS OF ADHD

THERE ARE THREE CHARACTERISTICS OF ADHD:

1. INATTENTION
2. IMPULSIVITY
3. HYPERACTIVITY

All three individually or together combine to create difficulty in task starting, task completion and keeping to time.



Source: [adhd.uk.co.uk](http://adhd.uk.co.uk)

Look out for the full SIX MHS Neurodiversity Campaign for more information on ADHD and Neurodiversity.

we are here to **HELP** 0800 8807373

If you are concerned about your mental health and would like to talk to us about your options, please give us a call or send us a message at: [helpline@sixmhs.com](mailto:helpline@sixmhs.com)

