



NEURO DIVERSITY
SIX MENTAL HEALTH SOLUTIONS



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. 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.

3 ADHD POSITIVES

- TASK STARTING AND COMPLETION
- TIMELINESS
- HYPERFOCUS



3 ADHD TYPES

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

INATTENTION • IMPULSIVITY • HYPERACTIVITY

Source: adhduk.co.uk

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



we are here to **HELP** 07480 046267

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