



ADHD Stereotypes

It is key to understand the impacts of ADHD in order to address and unpack stereotypes

Myth

You need medication to help with your diagnosis

Oftentimes, medication is introduced when individuals are first diagnosed with ADHD, making it feel like the only option.



Fact

Other treatments are just as effective

Treatments such as therapy and lifestyle changes can be beneficial at managing or lessening the severity of symptoms.

Myth

ADHD is only present within males

Males are 3 - 4 times more likely to be diagnosed with ADHD

Fact

Females are undiagnosed or misdiagnosed

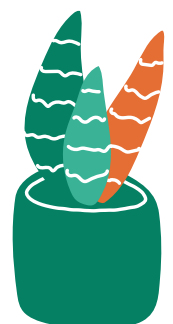
Approximately 50 to 75% of ADHD cases in girls are missed.

Symptoms can appear differently in females compared to males.



Tailored to you

Remember ADHD impacts all individuals differently. Everyone has a different way of managing it, so it is best find ways that are tailored to your needs



Sources

<https://www.cdc.gov/ncbddd/adhd/treatment.html>

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/attention-deficit-hyperactivity-disorder>

<https://www.healthline.com/health/adhd/adhd-in-girls>