

ADHD

AWARENESS

OCTOBER 2025

THE MANY
FACES OF ADHD



ADHD Awareness Month takes place in October each year.

The month allows people to come together and talk about ADHD.

The goal is to raise awareness, debunk myths, reduce stigma and encourage understanding and acceptance of those living with ADHD.

The theme for 2025 is '**The Many Faces of ADHD**'



Why is the theme important?

ADHD is a diverse condition that can affect people in various ways.

ADHD affects people from all walks of life.



What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder.

It is a neurodevelopmental disorder and affects people of every age, gender, religious and social background.

There are three types of ADHD:

- Inattentive
- Hyperactive-impulsive
- Combined inattentive & hyperactive-impulsive

Individuals with ADHD may have difficulties with maintaining attention, executive function (or the brain's ability to begin an activity, organise itself and manage tasks) and working memory.



What is ADHD?

ADHD can cause challenges to all aspects of a person's life:

Difficulty with focus, starting and finishing tasks and keeping deadlines can affect work and school.

Everyday tasks like keeping routines, managing appointments, completing chores can be overwhelming.

Impulsive behaviours can lead to difficulties with friendships and family relationships.

People with ADHD can be hyper-emotive which can make it hard to control their reactions and emotions.

These challenges can impact mental health and lead to anxiety, depression and low self-esteem.



ADHD – the positives

ADHD isn't all bad!

People with ADHD tend to be creative, high energy and good problem solvers.

Their experience with overcoming challenges mean they are extremely resilient, empathetic and compassionate.

When engaged in a task they are passionate about, ADHD people can hyperfocus and this can lead to high quality work and achievements.

Many successful people have ADHD, including athletes, singers, actors and other well-known celebrities.

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Celebrities with ADHD...





Myth or fact

ADHD doesn't exist

Myth

ADHD can be found in medical textbooks dating back to 1775!

People with ADHD can't concentrate

Myth

People with ADHD can hyperfocus when they are interested in an activity

Only boys have ADHD

Myth

4.2% of girls have received an ADHD diagnosis



Myth or fact

ADHD people are
lazy

Myth

ADHD is a problem with the chemical dynamics of the brain which affects executive functions such as organisation and motivation

All children grow out
of ADHD

Myth

Significant symptoms and impairments persist in 50-86% of people with ADHD

Everyone has a bit of
ADHD

Myth

ADHD is a neurodevelopmental disorder. Communication pathways and chemical activity in ADHD brains differ from a neurotypical brain



How to show your support

- **Learn more about ADHD**
 - **Challenge myths**
 - **Spread awareness**
- **Wear an orange ribbon**

ADHD Awareness Month uses an orange ribbon as its symbol. The colour orange symbolises the energy, warmth, and creativity often found in people with ADHD.