

ADHD BABES

Our Mission Statement & Policy

ADHD Babes is a community group for Black Women and Non-Binary people with ADHD. We create safer spaces for us to flourish and live our lives to their greatest potential.

ADHD Babes is run by us and for us, with all members of our team being from our community. We aim to empower and encourage all members to build peer support networks, share lived experiences and embrace their neurodiversity as a community.

We aim to inspire and empower people with community, tools, learning and healing spaces to redefine and understand ADHD, allowing us to tackle its difficulties and utilise its strengths.

We aim to create an accessible platform and safer spaces for us to connect, learn and break down the barriers that restrict our community from gaining and understanding a diagnosis of ADHD.

We aim to create a society that embraces neurodiversity. We aim to raise awareness and educate people on the truth and reality of how ADHD affects neurodiverse people, and how best to support them.

ADHD BABES

SUPPORT & CARE

- Supportive and safe space
- Access to therapeutic care and support
- Resources and workshops to improve wellbeing and mental health

EDUCATION & AWARENESS

- Raising awareness and understanding on neurodiversity (ADHD)
 - Forward thinking pioneers for inclusion and support

OUTREACH AND COMMUNITY BUILDING

- Building a network with other neurodiverse groups/organisations
- Bridging the gap between neurodiverse groups and the general population

EQUALITY & ANTI-STIGMA

- Future where Black neurodiverse people are empowered, celebrated, supported and connected
 - Ending stigma and discrimination in schools, work places and wider society
- Building inclusive education systems (e.g. racial and disability justice, inclusion of different learning styles)
- Campaigns and social change e.g. reduced waiting times, access to alternative treatment

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OUR SERVICES

OUTREACH

- mailing list
- newsletter
- social media platforms
- Care packages/ADHD Starter packs
- ADHD resources (e.g. comics, articles, videos, interviews etc.)

DIAGNOSIS SUPPORT

- access to discounted assessments
 - funding for assessments
- access to 'right to care' scheme
 - information and advice

MENTAL HEALTH & WELLBEING

Regular support sessions

- Fortnightly support group/open discussions
- Emotional and peer support
- WhatsApp group
- Remote working sessions
- Self-care days
- Advice and wellbeing drop-ins

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Therapy and holistic health sessions

- access to discounted 1-1 therapy
- funding for 1-1 therapy (6-12 sessions)
- access to group therapy sessions (6-16 sessions)
- psychotherapy one-off sessions (e.g. movement therapy, managing shame)
- alternative therapy sessions (courses or one-off)

Psychoeducation and practical tools sessions

- careers workshops
 - Careers support
- access to ADHD coaches
- managing and understanding symptoms

