

GIRLS GET ADHD TOO

Tallulah Syron
Artist - Lucy Ellis



The most challenging part of having ADHD is the **rejection sensitivity dysphoria** - Tallulah

What I love about ADHD...

COCO - I cannot keep still, neither concentrate, yet have a super high IQ & ideas bursting so much, that the clouds can feel them

Penny - I'm quite light hearted and I don't take life too seriously. I do and think too many crazy & funny things too often to be able to.

Beth - My hyper focus, energy, creativeness are all strengths of my ADHD, and I think they make me great at my career.

A message for Neurotypicals... Take time to educate yourself about the amazing people we are. We are full on, but that's the magic within, we love super hard, touch is important, listening & working with us.

-COCO



Coco
Artist - Lucy Ellis

Be proud of you, **you're a one of a kind** and we can have everything anyone else can, it may take us a different route but we can and we will - Coco

Penny Jarrett
Artist - Kesi Randon



I wish more people knew that an ADHD brain simply **works differently** - it's not an illness. It's a difference - Penny

Leona Skene
Artist - Brittlynn Mourgue



ADHD is not all about the stereotypical image of hyperactive little boys who can't sit still - Leona



Isla
Artist - Ivy

The most challenging part of having ADHD is **not understanding things and friendships**. Its not visible and doesn't have a look. It can make you feel restless . I don't always get angry on purpose to upset people - Isla

Beth Whelan
Artist - Grace Young



The most challenging part for me is the extreme emotional pain linked to **feelings of rejection**. It can look like emotional outbursts, avoidance of social settings and struggling with hyper focusing on negativity - Beth

Tips for managing ADHD

Leona - Work with your brain not against it. Find systems and ways around things that work for **you** - even if the path is twisty and everyone else seems straight, you'll get there in the end

Penny - The main and most effective coping mechanism for me is and always has been food. I was petrified of the idea of taking mental health medication, by changing what I ate, I could change practically everything and it really worked.

Tallulah - Best tip I can say is lists! I live by a to-do list that I can tick off



Vivienne Isebor
Artist - Brittlynn Mourgue

The social pressures to be organised, tidy, nurturing and well put together **made my unnamed symptoms feel like character flaws**. It meant being missed or mislabelled, rather than struggling with emotional regulation I was seen as aggressive and violent - Vivienne

Diagnosis Stories

Beth - I feel like so much has clicked into place, the more I learn about ADHD. There were so many times in my life when I needed the support and acceptance I've received post diagnosis

Tallulah - I was diagnosed after years and years of being misdiagnosed. There were a series of questions I had to do and an assessment with the psychiatrist.

Vivienne - Now I am diagnosed I feel vindicated, however, the journey was not linear and felt very lonely until I met other Black Women who related to my experiences through ADHD Babes.

This posters creation was co-ordinated by Jacob Kelly, and 19 women & NB People with ADHD to help mitigate the lack resources available to Girls and Women with ADHD.

Scan the QR code or check out our linktree - <https://linktr.ee/girlsgetadhdtoo> for helpful resources collected by the group as well as organisations you can donate too.



Poster created by Kesi Randon