



ADHD Australia is an organization that is working to improve the quality of life for people with ADHD. The link below is a comprehensive guide on ADHD that would be useful to anyone who is looking to learn about this neurodiverse variation.

<https://www.adhdaustralia.org.au/wp-content/uploads/2019/09/What-is-ADHD-201909-v1.4-web.pdf>

### **Parents / Carers**

To learn specifically about children with ADHD or if you are unsure if your child has ADHD, check out the links below.

<https://www.adhdaustralia.org.au/about-adhd/>

<https://www.adhdaustralia.org.au/about-adhd/what-is-attention-deficit-hyperactivity-disorder-adhd/>

<https://www.adhdaustralia.org.au/about-adhd/adhd-in-children/>

<https://www.adhdaustralia.org.au/about-adhd/observed-behaviours-of-adhd/>

<https://www.adhdaustralia.org.au/about-adhd/the-role-of-executive-functioning-in-adhd/>

If you are a parent/caretaker of someone with ADHD, check out the curated list of support groups in Australia below.

<https://www.adhdaustralia.org.au/resources/support-groups/>