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BLOG

Wondering About ADHD as an Adult Woman?

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Ask Yourself

- Did focus get harder as life got busier?
- Does it affect both home and work?
- Did school feel harder than it should?

Bring to Your Evaluation

- Old report cards, if you have them
- Input from people who know you well
- How your sleep and mood have been

What You Can Do

- Ask about an ADHD evaluation
- Mention pregnancy plans or breastfeeding
- Thoughts of suicide? Call or text 988

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Read the full article

ADHD in Women: Why It Is Often Recognized Only in Adulthood

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.