



2nd October 2026

Inclusion North News

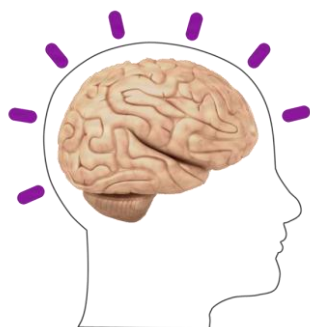
Inclusion North will share an important news story or tell you about their work every 2 weeks.



ADHD
AWARENESS *A COMMUNITY OF SUPPORT*
OCTOBER 2026

ADHD Awareness Month

ADHD Awareness Month takes place every October and is about sharing information about ADHD and its treatments.



ADHD is Attention-Deficit Hyperactivity Disorder which is a way your brain works that can make it hard to sit still, pay attention, or wait your turn.



ADHD can show up in three ways:

Inattention, which means having trouble staying on track with boring tasks, getting easily distracted, losing things, or forgetting steps in a routine.



Hyperactivity, which means feeling restless, moving or fidgeting constantly, or talking a lot.

In adults, this can feel like a racing mind that will not slow down.



Impulsivity which means acting or speaking quickly without thinking first, such as interrupting people or having trouble waiting in line.



Treatments

There are different treatments available to people with ADHD.

These include:

- Different types of therapy, like talking in a group or with one person
- Social skills training
- Family therapy
- Help in school
- Medication



You can make a difference by sharing your ADHD art and stories. This can help other people to feel less alone.

Wellbeing Tip

Check what your local food bank needs and donate something.

