

ADHD Peer Support Circle FAQ

What if I don't have ADHD?

This is a safe, confidential and friendly space for those who have ADHD, both those with and without a formal diagnosis.

If you are coming to give moral support to a friend/family member with ADHD who is also attending this session, no problem, although this circle is primarily for those with ADHD.

For everyone else, this is not the group for you. There's lots of other ADHD-related options in the programme however.

What's the format?

We'll quickly go around and introduce ourselves. Then if anyone wants they can spend a few minutes talking about where they are in life. Then there are a few more minutes for everyone else to reflect on that, as part of the group; and then it is someone else's turn. You can also just sit and listen if you prefer. It tends to be a powerful experience.

Your group host will keep an eye on the time, so that everyone that wants gets a chance to speak.

I can't make it

There are many ADHD support groups and circles up and down the country - these can be found via Eventbrite, Facebook, and Meetup. The charity [ADHD Aware](#) also runs online options.

Any other questions?

Please be aware we're all peers and are unlikely to be medical professionals. Any advice is best crowd-sourced during the session itself.

