



Dear Adult, Parent or Carer

Help Us Understand ADHD Impact & Future Directions

ADHD Europe is calling on communities across Europe, including the United Kingdom, to support vital work aimed at improving the quality of life for people affected by ADHD.

Across Europe, an unimaginable number of individuals and families are struggling due to gaps in ADHD understanding, diagnosis, and support in the area where they live. Every country faces different challenges. Every individual's experience is unique. Yet many share different realities.

In several regions in each country in Europe, the health systems urgently need stronger ADHD pathways to care and lives are being impacted. We want to identify and to better what people are experiencing. That's why we are asking for your support to either participate by completing the survey

“Shape ADHD Support in Europe – Share Your View” - Your voice matters

Could you help us with our outreach activities by sharing this letter, and information to reach your friends, family members, colleagues and networks in your communities?

Every response matters. Your help and lived experience can be the steppingstone toward meaningful change. We also encourage non-English speakers to participate. Online translation tools can be used to complete the survey so that everyone's views can be included. For example right clicking and choosing translate on a computer – will help non-English persons to give their responses.

Here is how you can help. We have prepared some letters which you can download or use electronically or quick links to our social media posts to share directly from there . The pre-written letters are for two different target audience (Adults/Parents/Carers) and for Healthcare Professionals or Companies.

Talk about ADHD everywhere (local schools, colleges, universities, workplace, social gatherings)

What do we better understand what to understand?

See our website to access the survey <https://adhdeurope.eu/survey2025/>

Thank you very much for considering sharing and supporting this important initiative.

Warm wishes from Finland

Nina Hoven

Nina Hoven
President
ADHD Europe



Turn Experience into Impact
Join Our ADHD Survey

ADHD EXPERIENCE SURVEY

We want to understand real ADHD experiences:

- Barriers to getting diagnosed
- Gaps in support and services
- Access to treatment and care
- Daily stigma and discrimination
- What's helping — and what's missing



Who can take part?

- Adults - 18 or older
- Parents & Carers - Caring for a child under 18

Either adults or Parents/Carers of children living in geographical Europe (inclu. the UK) **who have an ADHD diagnosis** or are currently **on a waiting list** for ADHD diagnosis.



Why your voice matters!

Your responses will help:

- Improve ADHD policy
- Strengthen support and services
- Develop better care pathways
- Highlight the need for specialised ADHD clinics



www.adhdeurope.eu/survey2025

Participate in the Survey

Contribute to making a Positive Impact!