



Dear Sir, Madame

### **Help Us Understand ADHD Impact & Future Directions**

ADHD Europe are writing to invite your support in an important Europe-wide initiative aimed at strengthening understanding, diagnosis, and care pathways for Attention Deficit Hyperactivity Disorder (ADHD).

Across Europe and the United Kingdom, many individuals and families continue to experience significant challenges due to inconsistencies in awareness, assessment processes, and access to appropriate support. While national systems differ, the need for informed policy development and improved service provision is shared across regions.

To better understand the lived experiences of those affected, ADHD Europe has launched a comprehensive European survey titled: **“Shape ADHD Support in Europe – Share Your View”**. 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?

We are seeking participation from: Individuals with a formal ADHD diagnosis, Individuals currently awaiting ADHD assessment or diagnosis, Adults with ADHD, Carers of adults with ADHD, and Parents or carers of child/ren and young people under 18 with ADHD

The findings will contribute to identifying gaps in provision, highlighting regional disparities, and informing future advocacy and policy recommendations across Europe. We would be grateful if your institution or service could possibly, share this survey within your professional networks, circulate it to relevant staff, families, or service users and perhaps display or distribute information about the survey where appropriate

We are committed to inclusivity and encourage participation from non-English speakers. Online translation tools can be used to enable responses in preferred languages.

#### **What do we better understand what to understand?**

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

Your support will help ensure that future ADHD policy and service development is informed by robust, lived experience data from across Europe.

Thank you for your consideration and for the vital work you undertake in supporting individuals affected by ADHD.

Best regards 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](http://www.adhdeurope.eu/survey2025)

**Participate in the Survey**

**Contribute to making a Positive Impact!**