ADHD HEALING APPROACHES

Social Action

taking action for an inclusive society

- Consciousness Raising
- Community Connection
- Social Advocacy & Action

Environment

fostering a supportive environment

- Accommodations
- Self-Advocacy & Communication
- Supports & Resources

Behavior

developing supportive behaviors

- Strengths & Talents
- Scheduling & Routines
- Skills & Strategies

Mental Health

engaging in therapeutic activities

- Complex Trauma
- Substance Use
- Medications
- Co-occurring Issues
- Minority Stress
- Shame
- Internalized Oppression
- Acceptance
- Self-Compassion

