

Supports, Accommodations & Self Compassion

Helpful tools, kinder expectations and when to ask for help

Support is a strength.

*Different supports.
Brighter
tomorrows.*

1 Supports are not cheating

Tools and accommodations help balance challenges, reduce unnecessary barriers and make it easier to use your strengths consistently.

*Tools today.
Brighter
tomorrows.*

*Using support
is a smart strategy
— not a shortcut.*



2 Examples of supports

Supports can look different at home, school or work. Here are some common examples:

At home	At school	At work
Reminders and visual cues	Extra time for assignments and tests	Flexible scheduling
Checklists and routines	Written instructions and clear expectations	Written instructions
A quieter space to recharge	Access to a quiet space or breaks	Check-ins and clear priorities
Body doubling or accountability	Flexible options for how to show what you know	Body doubling or accountability
		Tools and technology to stay organized

3 How to ask for what you need

It can feel vulnerable to ask for support, but being clear and specific can make it easier. Try this simple template:



You can adapt this for conversations at home, school, work or with a healthcare provider.

4 Self-compassion matters

Many people with ADHD have experienced criticism, misunderstanding or feeling "not enough." Shame can make change harder. Compassionate honesty creates a safer space for learning, growth and trying again.

Be kind to the you who is trying so hard.



- Progress over perfection.
- You are more than your challenges.
- Small steps still count.
- A kinder inner voice leads to a brighter tomorrow.

5 When extra help might help

It's okay to reach out for additional support. Different supports can be helpful at different times, depending on your needs.

Counselling Support with emotions, stress and self-esteem.	ADHD Coaching Practical strategies and accountability for daily life.	Psychoeducation Learn more about ADHD and how your brain works.	Medical Support Discuss whether medication or other medical supports may be helpful.	Occupational Therapy Strategies for daily living, organization and sensory needs.	School or Workplace Supports Accommodations and resources to help you succeed.

6 A closing reminder

People with ADHD often bring many strengths, including creativity, insight, persistence, humor and problem-solving abilities.

Support helps strengths shine.

- Creative ideas
- Unique perspectives
- Persistence and resilience
- Great problem-solving
- A big sense of humor
- Caring and empathetic

The goal is support, not perfection.

*Kind
Brave
Capable
You Got This*