



ADHD continues to be misunderstood, stigmatized and denied as a legitimate disability in Canada.

To Change this we need your Help!

The Goal is to kick off a Discussion on ADHD

Individuals and families impacted by ADHD still find it difficult to open up about their challenges and experiences. To change this, increase awareness and pave the path to more effective advocacy CADDAC is launching “**ADHD Speaks**”, a long-term awareness campaign encouraging people to speak out about ADHD. ADHD Speaks is all about increasing the understanding of ADHD and decreasing the existing negative stigma around ADHD.

How You Can Help

CADDAC is asking those touched by ADHD personally, professionally or through a loved-one to share their story with us, so we can share it with other Canadians. You can do this by sending us a brief phone video clip or an audio clip sharing your thoughts, feeling or revelations about ADHD. If it makes you more comfortable you can shoot the video from the neck down, in shadow, or from the back. If you are hesitant to share your name, there is no need to do so. If you feel more at ease sharing a written message or story, please do so. You can do something as simple as writing a sentence on a post-it-note and taking a picture of it. You can create a poster with a message, or posters with a series of messages, and film them. Or how about creating fun family art project to share your thoughts on ADHD?

We are happy to receive your contributions in any format that makes you comfortable!

We will be featuring your contributions on YouTube, our web site, ADHD social media platforms and in the media during our long term “ADHD Speaks” awareness campaign.

Please send your contributions to CADDAC at resources@caddac.ca

For information on how to upload your video using our Wetransfer account go to www.caddac.ca and look under Advocacy, [ADHD Awareness Month](#)

Some Topics That You Might Find of Interest to Speak Out About

- How ADHD has impacted or touched your life, or the life of a loved one or friend
- An “Aha” moment you had about ADHD and or its impact
- A message on the lack of understanding of ADHD, lack of resources in health and education, lack of inclusion of ADHD in discussions on mental health, the continued stigma