



ADHD Australia is an organization that is working to improve the quality of life for people with ADHD. The link below is a comprehensive guide on ADHD that would be useful to anyone who is looking to learn about this neurodiverse variation.

<https://www.adhdaustralia.org.au/wp-content/uploads/2019/09/What-is-ADHD-201909-v1.4-web.pdf>

### **Employers**

It is likely some of your employees have been diagnosed with ADHD. It is important to educate yourself about ADHD so you can leverage the unique talents of employees and help employees work at their full potential. To learn more about ADHD, click the link below.

<https://www.adhdaustralia.org.au/about-adhd/>

<https://www.adhdaustralia.org.au/about-adhd/what-is-attention-deficit-hyperactivity-disorder-adhd/>