

What are the advantages and disadvantages of disclosing at work that I have ADHD?



Sharing your ADHD diagnosis can have advantages if you have accepted your ADHD, overcome negative self-image, and know your strengths/weaknesses.

If you are able to level with your employer, you can discuss reasonable, useful adjustments that help your performance at work.



Although discrimination on the basis of a handicap is prohibited in most countries, disclosing that you have ADHD may prevent you from getting a job or be used as an extra reason in case of dismissal.

Other possible disadvantages of disclosing ADHD are that it may influence the appraisal of your job performance or cause your manager and colleagues to treat you negatively.



Disclosing the relevant characteristics of your ADHD allows you to receive accommodations and protective rights.

Learn more at ADHDAwarenessMonth.org