Many adults have lived with feelings of failure, anxiety, poor self-esteem, depression, and other negative emotions for years, never understanding that there is a reason for the challenges they have faced.

Even for people who have been relatively successful and don't feel the need to seek further treatment, just knowing can make a positive difference.

Realizing that you have ADHD and seeking treatment can go a long way towards self-acceptance and understanding that you aren't just lazy, crazy, or stupid.

Whether you've been successful all your life or have struggled for years because of undiagnosed ADHD, knowledge can open up new possibilities.

Once you know you have ADHD, you can seek answers, treatments, and solutions.

Learn more at ADHDAwarenessMonth.org

Information adapted from Evelyn Polk Green