










WOMEN'S HEALTH MONTH

Welcome to the Revolution

Women demand ADHD research and care that reflects their real lives.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“Most women with ADHD have spent a decade or more not knowing that the challenges and stressors they’re experiencing are the result of undiagnosed ADHD.”</p> <p>–Ellen Littman, Ph.D.</p>				<p>1 The first-ever Women’s Issue of <i>ADDitude</i> magazine is available today!</p> <p>additu.de/subscribe</p> 	<p>2 10 books every woman should read after her ADHD diagnosis:</p> <p>additu.de/10-books</p>	<p>3 “Estrogen regulates the effects of neurotransmitters implicated in ADHD.”</p> <p>–Lotta Borg Skoglund, M.D., Ph.D.</p>
<p>4 Replay <i>ADDitude</i>’s 2025 panel discussion with leading experts on ADHD in women:</p> <p>additu.de/roundtable</p>	<p>5 Complete the ADHD & Women’s Health Survey from PsyQ:</p> <p>additu.de/psyq</p> 	<p>6 Share <i>ADDitude</i>’s ADHD symptom test for women with someone you love:</p> <p>additu.de/women-test</p>	<p>7 Attend <i>ADDitude</i>’s free webinar on healing from toxic parents today at 1 pm ET.</p> <p>additu.de/heal-webinar</p>	<p>8 “It’s not great to work in hard mode constantly. There’s no prize for that.”</p> <p>–Diane Miller, Psy.D., M.Ed.</p>	<p>9 Get 30% off the <i>ADDitude</i> eBook <i>Women with ADHD</i> with this code: HeyLadies</p> <p>additu.de/womenebook</p>	<p>10 Complete <i>ADDitude</i>’s survey on ADHD symptoms in perimenopause and menopause:</p> <p>additu.de/meno-survey</p>
<p>11 Happy Mother’s Day! National Women’s Health Week begins today.</p> 	<p>12 Ask your doctor about adjusting your ADHD medication during your monthly menstrual cycle.</p> <p>additu.de/cycle</p>	<p>13 “Like other girls with ADHD, I mistook my difficulties for character flaws.”</p> <p>–Terry Matlen</p>	<p>14 Track key ADHD symptoms throughout your menstrual cycle:</p> <p>additu.de/menstrual</p> 	<p>15 Attend <i>ADDitude</i>’s free webinar on ADHD and adolescent hormones today at 1 pm ET.</p> <p>additu.de/puberty-webinar</p>	<p>16 Don’t miss <i>ADDitude</i>’s bi-weekly newsletter exclusively for women with ADHD.</p> <p>additu.de/ahd-women</p>	<p>17 Complete the NYU Women’s Health Study Questionnaire:</p> <p>additu.de/nyu</p> 
<p>18 “Premenstrual dysphoric disorder plagues nearly half of all women with ADHD.”</p> <p>–Dara Abraham, D.O.</p>	<p>19 Get our free guide to treating ADHD in perimenopause and menopause:</p> <p>additu.de/meno-guide</p>	<p>20 Get our eBook <i>A Call for Greater Research on Women with ADHD</i> for free with the code: May2025</p> <p>additu.de/women-research</p>	<p>21 Search for ADHD research studies that are recruiting participants:</p> <p>additu.de/studies</p>	<p>22 Attend <i>ADDitude</i>’s free webinar on double masking in Black women with ADHD today at 1 pm ET.</p> <p>additu.de/unmask</p>	<p>23 Explore 10 new books for and by women with ADHD:</p> <p>additu.de/books-2025</p> 	<p>24 Women with ADHD are five times more likely to experience anxiety than are women without ADHD.</p> <p>additu.de/wda-9</p>
<p>25 Read the Top 10 most critical research needs for women with ADHD:</p> <p>additu.de/wda-intro</p>	<p>26 Replay the <i>ADDitude</i> webinar “Girls and Women with ADHD: Unique Risks, Crippling Stigma”</p> <p>additu.de/stigmawomen</p>	<p>27 Read 42 raw confessions from women with ADHD:</p> <p>additu.de/raw</p> 	<p>28 Get this free guide: “Women, Hormones, and ADHD”</p> <p>additu.de/womenhormones</p>	<p>29 Attend <i>ADDitude</i>’s free webinar on inflammatory disorders and ADHD today at 1 pm ET.</p> <p>additu.de/pain</p>	<p>30 Demand action by joining the 3Not30 initiative by Women’s Health Access Matters:</p> <p>additu.de/wham</p>	<p>31 “Women with ADHD receive more negative feedback regarding the exact same symptoms that men exhibit.”</p> <p>–<i>ADDitude Reader</i></p>

additu.de/women