



AWARENESS IS KEY!

About ADHD

Attention deficit hyperactivity disorder (**ADHD**) is a brain disorder that affects how one pays attention, sits still and controls their behavior. It happens in children and teens (as one of the most commonly diagnosed mental disorders in children) and can continue into adulthood. The three subtypes of ADHD include inattentive subtype (accounting for 20%-30% of cases), hyperactive-impulsive subtype (15% of cases) and combined subtype (50%-75% of cases). ADHD cannot be prevented or cured, but spotting it early, plus having a good treatment and education plan, can help manage its symptoms.¹ The global prevalence of ADHD in children is estimated to be around 5% and is more commonly diagnosed in boys than girls, whilst in the UK, the prevalence of ADHD in adults is estimated at 3% to 4%, with a male-to-female ratio of approximately 3:1.² Although ADHD is often stereotypically associated with hyperactivity, lack of focus and 'disruptive behaviour', people with ADHD are also creative problem solvers, capable of deep focus on tasks that interest them and bring innovation to their work.³ More helpful information and facts about ADHD can be found [here](#).

Every October is designated globally as ADHD Awareness Month, which allows people with ADHD to come together and share their experiences and challenges. This year's ADHD theme is "**Awareness is Key!**" – to disseminate reliable information about the realities of ADHD so as to combat the wealth of misinformation that hinders the community and help create a better understanding of this often misunderstood condition.⁴

Every human is made in God's image (Genesis 1:27) — this is true of all humans, regardless of any earthly label. Managing ADHD, whether for yourselves or for your loved ones, can be discouraging, exhausting and lonely. As Christians, we should be kind and compassionate to one another (Ephesians 4:32) and carry each other's burdens (Galatians 6:2). Churches and the Christian community can come together and get involved by seeking reliable information and material to educate themselves on ADHD, supporting and encouraging ADHD fellows and celebrating the contributions that ADHD individuals can bring to their groups and community.

¹ <https://www.webmd.com/add-adhd/attention-deficit-hyperactivity-disorder-adhd>.

² <https://cks.nice.org.uk/topics/attention-deficit-hyperactivity-disorder/background-information/prevalence/>.

³ <https://www.inclusiveemployers.co.uk/awareness-day/adhd-awareness-month/>.

⁴ <https://www.adhdawarenessmonth.org>.

In this ADHD Awareness Month, let us learn to understand and support those around us with ADHD. Let us build bonding among all individuals and communities, for we are all God's beloved children. "For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline" (2 Timothy 1:6-7).

PRAYER

Our God of love and grace,

In this ADHD Awareness Month, we come before You and lift up all those with ADHD, their families, caregivers, teachers and healthcare providers. You have created each and every one of us, fearfully and wonderfully in Your image, and we thank You for giving us unique talents, gifts and characteristics.

We ask for Your wisdom, comfort and strength as we seek to raise awareness and understanding of ADHD in our churches and communities.

Lord, we pray for those who struggle daily with ADHD condition. May You grant them peace and strength in the midst of their challenges and remind them that they are not defined by their condition but by Your love and grace. May they find acceptance, support, hope and love in You.

We pray for the parents and caregivers of those with ADHD. May You give them peace, patience and compassion and guide them with Your wisdom. Help them to be a source of love, support and strength when they walk this journey alongside their loved ones.

We also pray for teachers, healthcare providers and all those who work to support those with ADHD. May You grant them insight, wisdom and understanding. Help them to be a source of empowerment and a reflection of Your love and grace as they provide education and care.

Lord, we trust in Your healing and provision. We may have hurt individuals in the past due to misunderstanding about ADHD. May Your love and peace, which surpass all understanding, guard their hearts and minds. Let them know that they are loved, cherished, valued and embraced by You. Lord, we ask for Your forgiveness, wisdom and compassion to walk alongside our brothers and sisters with ADHD. Help us as a community to break down the stigma and misconceptions surrounding ADHD; teach us to embrace diversity in all its forms and to see each person as a unique reflection of Your image and purpose; and open our hearts to listen, to understand and to grow in compassion.

In Your holy name, we pray,

Amen.