

TherapyRoute.com Publishes a New Online ADHD Resource in Recognition of ADHD Month (October)

TherapyRoute.com, a leading South African platform for connecting with therapists and psychologists, is marking ADHD Month with a comprehensive article on ADHD.

CAPE TOWN, WESTERN CAPE, SOUTH AFRICA, October 18, 2024 /EINPresswire.com/ -- ADHD affects approximately 5.5% of primary school children in South Africa, with boys being diagnosed more frequently than girls, at a ratio of 4:1¹. Among adults, ADHD prevalence is estimated at 3-5%, with 60-70% continuing to experience symptoms into adulthood². In a clinical setting, ADHD diagnosis rates can be as high as 52.5%³. Furthermore, ADHD impacts 1 in 20 children and an estimated 1 million adults across the country⁴, making awareness and proper treatment key.



ADHD: More than distraction—navigating overwhelm, impulsivity, and misunderstood struggles.

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ADHD is a neurodevelopmental disorder affecting children and adults. Its impact reaches beyond concentration and organization, touching all aspects of life, from relationships to emotional control.”

TherapyRoute.com Team

[TherapyRoute.com](#) contributes to awareness by publishing a comprehensive article resource filled with helpful information and valuable tips. It also suggests further resources for individuals and families affected by ADHD.

Click here to access the article.

Readers can anticipate a comprehensive overview of ADHD, including its symptoms, such as inattention, hyperactivity, and impulsivity, as well as its subtypes and causes. It offers insight into the diagnostic process, treatment options, and practical and effective strategies to help adults and children with ADHD manage their daily

lives. An additional bonus includes a list of recommended books and an extensive list of links to

ADHD-supportive organisations worldwide.

"We are committed to improving awareness and understanding of mental health issues, including ADHD," said the team at TherapyRoute.com. "With this new article, we aim to offer valuable insights and guidance on therapeutic approaches to managing ADHD, supporting those affected, and helping to reduce the stigma surrounding the disorder."

TherapyRoute.com encourages individuals and organizations to share the article during ADHD Awareness Month and beyond to help spread accurate information and support for those with ADHD.

[Click here and read the article.](#)

About TherapyRoute.com

TherapyRoute.com is a leading mental health resource and platform for finding a therapist, psychologist, or counsellor near you worldwide. We enable people to find independent therapists who are free to practice therapy guided by need, not business policies.

[Visit us](#) to read the full article, find a therapist, or explore more mental health resources.

References:

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