

Elevated Psychiatry Marks Suicide Prevention Month with ADHD Guide

New free safety guide helps adults with ADHD in California and Hawai'i build a plan during Suicide Prevention Month

HONOLULU, HI, UNITED STATES,
September 16, 2026 /

EINPresswire.com/ -- This September, in recognition of Suicide Prevention Month, Elevated Psychiatry is releasing a new free safety guide for adults with ADHD, written by founder Daniel Mattox, PMHNP-BC.

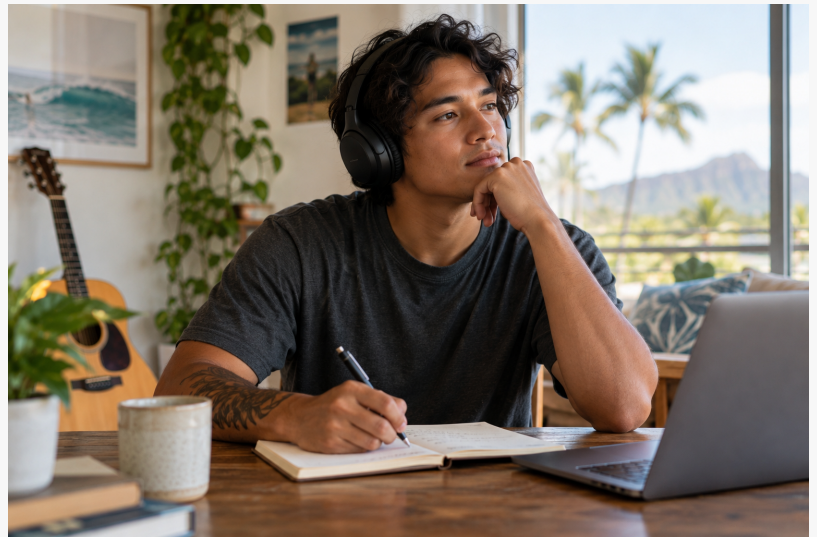
The guide arrives alongside a growing body of research showing that adults with ADHD face a significantly elevated risk of suicide, often without anyone connecting that risk back to the condition itself. Elevated Psychiatry is a private-pay, neurodivergent-led psychiatric practice serving adults across California and Hawai'i, and wants people navigating ADHD-related overwhelm to know that support and a plan are both within reach.

“

ADHD doesn't usually create a crisis in a single moment. It accumulates quietly, and the person carrying it has already decided it's their fault.”

Daniel Mattox, PMHNP-BC

available now as a free download.



Sometimes recognizing the weight of what's building up can be the first step toward finding support and making a plan.

Inside the Guide

The guide, titled *ADHD and Suicide: A Patient's Safety Guide*, offers a fillable safety plan adapted from the Stanley-Brown Safety Plan, the tool most widely used in emergency rooms and outpatient psychiatry. It also includes ADHD-specific warning signs and guidance on reducing access to lethal means during a crisis. It is educational, not a substitute for professional care, and is

https://epadhd.com/wp-content/uploads/2026/09/ADHD_and_Suicide_-_fixed.pdf

What Research Reveals About ADHD and Suicide Risk

Research shows adults with ADHD face an elevated risk of suicidal thoughts and behaviors. One large population-based study in *Science Advances* (<https://www.science.org/doi/10.1126/sciadv.aba1551>) found financial distress was linked to roughly a fourfold higher suicide risk among adults with ADHD. ADHD-related challenges with organization, time management, and employment often create cumulative stress that builds for years before it's connected back to the underlying condition, in part because adult ADHD symptoms overlap with anxiety, depression, and everyday stress and get dismissed as a personal failing rather than a treatable one. Spotting the pattern earlier can open the door to psychiatric care and support before a crisis point is reached.

"The thing that surprises people is how ordinary it looks from the outside. Nobody sees a mental health crisis in a stack of overdue bills," said Daniel Mattox, PMHNP-BC, founder of Elevated Psychiatry. "ADHD doesn't usually create a crisis in a single moment. It accumulates quietly, and the person carrying it has already decided it's their fault."

Getting Started

Adults who recognize these patterns can start with a free self-assessment, the ADHD Symptom Screening Assessment (<https://epadhd.com/adhd-symptom-screening-assessment/>) or the Functional Impairment Assessment (<https://epadhd.com/is-it-time-to-get-evaluated-for-adhd-free-symptom-pattern-assessment/>). These tools are not diagnostic, but they can help someone decide whether a full evaluation is worth pursuing. New patients can book an appointment directly through Elevated Psychiatry's website. Appointments are typically available within a week, and every patient receives clear cost information before their first visit.



A quiet moment to pause, check in, and remember that support is available when things start feeling overwhelming.



Having a plan for difficult moments can make reaching for support feel a little more manageable.

About Elevated Psychiatry

Elevated Psychiatry is a private-pay, neurodivergent-led psychiatric practice providing virtual psychiatric evaluation, medication management, genetic testing, and treatment planning to adults across California and Hawai'i. Founded and led by Daniel Mattox, PMHNP-BC, the practice specializes in ADHD treatment from a fellow neurodivergent provider, alongside care for anxiety, depression, mood disorders, and postpartum mental health. All care is delivered through secure, HIPAA-compliant telehealth. Elevated Psychiatry is committed to accessible, evidence-based, and stigma-free psychiatric care.

For Immediate Crisis Support

Anyone experiencing a mental health emergency should call or text 988 (Suicide & Crisis Lifeline) or call 911. Texting HOME to 741741 also reaches the Crisis Text Line. In Hawai'i, Hawai'i CARES is available at (808) 832-3100. Elevated Psychiatry does not provide emergency or crisis services.

Contact

Elevated Psychiatry Website: epadhd.com | California: (619) 613-2791 | Hawai'i: (808) 563-4128 | Email: support@epadhd.com

Daniel Mattox, PMHNP-BC

Elevated Psychiatry

+1 808-563-4128

support@epadhd.com

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[X](#)

[Other](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/942744691>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.