

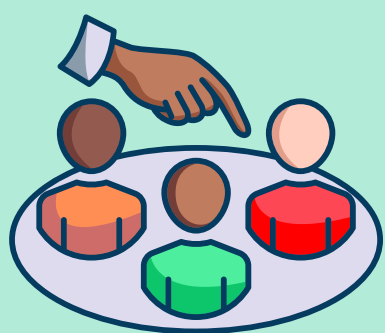
# UNDERDIAGNOSIS OF AUTISTIC AND ADHD ADULTS

## DID YOU KNOW?

- 28% of adults with mood issues had undiagnosed ADHD
- 19% met autism criteria—only 0.5% were diagnosed



## WHY SO MANY GO UNDIAGNOSED



- Stereotypes: "It's just for kids"
- Masking: Hiding traits to fit in
- Lack of trained professionals

## WHY DIAGNOSIS MATTERS

- Self-understanding
- Mental health support
- Connection & community



## THINK YOU MIGHT BE NEURODIVERGENT?



- Read & Reflect
- Try Online Screeners
- Talk to a Therapist or Trusted Friend
- Join Neurodivergent Communities

## REMEMBER:

Diagnosis = clarity, not a label.  
You're not "too late." You're right  
on time.



IMPRINT



Co-funded by  
the European Union