Eve's Story

Uncontrollable hunger, a very loud inner monologue, a very busy brain and high anxiety. These are things that I had always experienced when I look back. It was 2021 and it was getting worse, the internal monologue was getting louder, my thoughts racing so fast I struggled to communicate with others as I couldn't help but constantly interrupt them, the uncontrollable hunger turned into a full-blown eating disorder and the thoughts that filled my head were getting too much for me. I couldn't sleep, sleep was always difficult, but my mind felt like it was constantly thinking, planning and my mental health took a turn for the worst and not for the first time.

I spoke to a locum GP, she just got it, she listened. I already had a diagnosis of Autism and dyslexia and had been thinking for some time that there may be something else, but just did not know what it could be. She asked me if it could possibly be ADHD, after doing my research everything fell into place. I started hobbies and did not finish them, i was hyper focused on subjects and often I would forget to drink and sometimes eat.

A referral was made by the GP and I was assessed within 6 months by an NHS consultant. I was told there and then that they were diagnosing me with ADHD. Now I had a name for everything that I was going through. I went through titration with medication and suddenly my very loud brain felt a little quieter and I was able to overcome my eating disorder, my brain didn't feel so full, and I was sleeping a little better.

Having a diagnosis felt validating, however I was made to feel like an imposter by people who knew me. I understood it was because I had kept a lot of my issues hidden and how I presented. I masked heavily as I did not want to be laughed at, I had already gone through childhood with my peers referring to me as weird. People thought I was just 'jumping on the bandwagon' and I constantly heard 'everyone does that, its not ADHD, it's normal.'

I focused on getting to know myself and recognising what I needed. I began to unmask with people i trusted and everything just fell into place. I was able to accept myself for who I am. I am still learning a lot about myself and how ADHD affects me, especially my relationships with my peers. I joined ADHD groups on social networking sites, and I am now working towards a coaching qualification to support other neurodivergent women.

For anyone going through this, it's a hard place to be in as the uniformed will try to invalidate your diagnosis or how ADHD affects you. Only you know this! Stand strong, join forums for support and take your power back. It's the most empowering thing you can do.

Eve, London