



ADHD Norway

ADHD NORGE



ADHD Norway is a nationwide, voluntary organisation for people with ADHD and their relatives. Our vision is that everyone with ADHD should have the opportunity to make use of their resources and enjoy a good quality of life.

ADHD Norway shall:

- spread knowledge and understanding of ADHD
- keep members informed of their rights and possibilities regarding support
- promote equality for people with ADHD



ADHD Norway was founded in 1979. We are a nationwide organisation with county teams that arrange activities, courses, events and meet-ups for our members. Many of the counties also have local teams. We arrange summer camps, family seminars, courses and meet-ups for our members.

We have a large, mutual aid mentor network made up of people with similar experiences and difficulties who are able offer guidance and support.

ADHD Norway's board is elected for a two-year term. We also have a professional committee which serves as our advisory body. ADHD Norway Adolescent is our youth council made up of adolescent representatives from the county teams.

ADHD Norway's head office is in Oslo. As a member, you are welcome to contact us for advice and guidance on any questions you may have concerning ADHD.

Would you like to become a member?

ADHD Norway member benefits:

- The *STÅ PÅ!* members' magazine four times a year
- Information about meetings, activities and events in your county
- Courses for parents and recently-diagnosed adults
- Invitations to national events for children and adolescents
- Invitations to attend mentor courses
- Opportunities to participate individually or together with the mutual aid network

As a member of ADHD Norway, you are supporting an organisation which:

- Promotes full equality for and the social inclusion of all people with ADHD
- Protects the interests of people with ADHD, their parents, guardians, families and relatives
- Develops and manages activities in accordance with the needs of members
- Contributes to skills development in the mutual aid network, the political sphere, and in other organisations

Membership in ADHD Norway costs NOK 350 per annum.
Additional members in the same household pay NOK 50. You can subscribe to our members' magazine for NOK 200.

To become a member, visit www.adhdnorge.no
or send an email to post@adhdnorge.no

A decorative graphic at the bottom of the page consists of several vertical bars of varying heights and shades of blue and grey, creating a bar chart effect.

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