



**ADHD-liitto ry**  
**(ADHD Association in Finland)**



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## **ADHD-liitto ry (ADHD Association in Finland)**

**Supporting people with ADHD and their families in Finland**

*For over 20 years, ADHD-liitto ry and its member associations have supported people with ADHD symptoms as well as their close-ones by providing guidance, support and counselling and by organising training events and rehabilitation courses. In its own part, the association has aimed to raise awareness among society and decision-makers of the importance of supporting people with ADHD symptoms, through lobbying and spreading up-to-date information.*

ADHD-liitto ry was founded in 1989 under the name Suomen MBD-liitto ry (The Finnish Association for MBD). The current name was taken into use at the beginning of 2003. At first, Suomen MBD-liitto ry had 11 regional member associations and one employee. By the end of 1989, the regional associations and their activity groups had approximately 700 members.

Today, ADHD-liitto ry is the parent organisation for 19 member organisations and it employs seven people. Six of the employees work in the central office in Helsinki and one in the regional office in Oulu. Some 50 different clubs operate within the member organisations (peer support groups, activity clubs, etc.) and there are about 2,100 member families. Finland's Slot Machine Association (RAY) supports the association's operations.

### **A functional association**

Central activities of ADHD-liitto ry include lobbying, communications, education, counselling and rehabilitation courses. Lobbying and promotion work are carried out together with other actors, such as organisations for the neurologically disabled. This cooperation mainly consists of spreading up-to-date information in organisation journals, at fairs and at focused events.

The association organises national trainings and other events both alone and together with other actors. The association organises trainings and also provides support to the active members of its member associations; thereby offering tools for coping for volunteers and the maintenance of activity and peer groups.

Counselling by telephone and e-mail forms one of the most important activities of the association. Questions come in from people with ADHD, their close-ones as well as experts. The subject matters vary from questions related to everyday life to the school world and seeking treatment. Telephone counselling is provided between 9 a.m. and 11 a.m. on weekdays and the aim is also to reply to e-mail queries within a reasonable time.

Rehabilitation courses are an essential part of the concrete activities of ADHD-liitto ry. These courses aim to provide information on ADHD, support and improve the everyday coping of recovering patients and their close-ones and to empower those with an impaired coping capacity in everyday life.

Alongside and as a support to all these activities, the association publishes its own ADHD journal with four annual issues. Members receive the journal as a member benefit, but it can also be subscribed to.

**Further information on ADHD: and ADHD-liitto ry is available online at [www.adhd-liitto.fi](http://www.adhd-liitto.fi). (in Finnish)**