

ADHD IN WOMEN

THE UNMASKED SYSTEM

Start Here

*Your roadmap through it —
everything you need to live with ADHD in menopause.*

UNDERSTAND · DIAGNOSE · LIVE WITH IT

A D H D I N W O M E N

The Unmasked System

START HERE

Your roadmap through the system

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[*www.adhdinwomen.uk*](http://www.adhdinwomen.uk)

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Educational content only. Not medical advice.

READ THIS FIRST

Start here

This isn't a pile of PDFs. It's a path.

Unmasked is the whole journey of living with ADHD in menopause — from *is this even ADHD?* all the way to a day that finally holds together. It's five guides in an order that makes sense, plus the kit you keep close for the hard days.

You don't have to read it all today. You just have to know where you are, and which piece to open first. Here's the map.

You're not behind.

You're exactly where you need to be to start.

THE MAP

Five steps, in order

Step 1 — Understand it

The Midlife Unmasking Guide. The missing piece in the middle — why your ADHD got so much louder when your hormones got quieter. If part of you still asks *is this ADHD, or just menopause?*, start here. Everything else clicks into place once this does.

Step 2 — Get it taken seriously

The Diagnosis Journey. Exactly what to say to get assessed — and what to say back if you're brushed off — plus the quieter journey after diagnosis, when relief and grief tend to arrive together. Open this when you're ready to stop wondering.

Step 3 — Sort the hormone side

The HRT Conversation. Why your hormones and your ADHD are tangled together, and the words to take into the GP chair. Open this before your next appointment.

Step 4 — Build a day that holds

The Daily Containment System. Not a productivity system — a daily structure for the brain that won't power down. Read it once, then use *one* piece of it tomorrow. Not all of it. One.

Step 5 — Keep it going

The 3 Non-Negotiables. The three things that hold your day together, so you're not rebuilding from scratch every morning — how the system becomes a habit instead of a heroic effort.

And for the hard days, at any stage —

How Do I Get Through Today?

The kit you keep close for the moments it all becomes too much.

WHERE TO START

Wherever you are today

Not sure where to begin? Use this:

1. **Still wondering if it's even ADHD?** Start at Step 1.
2. **Sure it's you, waiting for an assessment?** Steps 2 and 4.
3. **Recently diagnosed and reeling?** Steps 3, 4 and 5.
4. **No idea?** Start at Step 1 and go in order. You genuinely can't get it wrong.

And whenever a day turns into *too much* — no matter which step you're on — reach for *How Do I Get Through Today?* first. Get through the hour. The rest can wait.

A NOTE FROM ME

Hi, I'm Laura

I built this because no one handed me a map. I worked it out the long, expensive way — years of psychiatrists and therapists, one appointment at a time. This is all of it, in order, so you don't have to wait as long as I did.

Take it at your own pace. There's no gold star for rushing, and no wrong place to start. One step, when you're ready, is the whole thing.

You were never the problem.

You were unsupported — and that part is over now.

This is your map. I'm glad you're here.

— Laura