



OCEAN COUNTY LIBRARY

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PRESS RELEASE

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Learn Adult ADHD Facts at Ocean County Library Point Pleasant Beach Branch



POINT PLEASANT BEACH – Attention Deficit Hyperactivity Disorder (ADHD) in adults is often misunderstood. Learn about possible long-term effects and ways to address them at the Ocean County Library Point Pleasant Beach Branch, 7 PM Monday, October 2.

“Living with ADHD as an Adult” will be led by Eva O’Malley, founder of [TRI CHADD NJ](#), a chapter of [Children and Adults with Attention Deficit Hyperactivity Disorder, Inc.\(CHADD\)](#). She’ll be assisted by TRI CHADD NJ Adult Program Coordinator Linda VanMelis.

Some studies suggest that as few as 20% of adults with ADHD are aware of the disorder, as a result of under-diagnosis. It can be a source of daily struggle, and can lead to lifelong risks of substance abuse, anxiety, and other mental health conditions. Statistically, adults with ADHD have shorter lifespans than neurotypical adults.

Eva O’Malley and Linda VanMelis will share information about factors that may indicate the presence of ADHD in adults, how it is diagnosed, how to approach doctors, and how to build skills that allow for full, enjoyable lives.

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Please register at www.theoceancountylibrary.org/events to attend this free program. For more information, stop by the OCL Point Pleasant Beach Branch, 710 McLean Avenue, or call (732) 892-4575.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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