

ADHD BABES

User Policy

ADHD babes is a community organisation for Black Women and Black non-binary people with ADHD and provides peer support groups, creative workshops, developmental workshops, wellness sessions and online community platforms.

ADHD Babes is not a mental health service.

ADHD Babes does not provide therapy or support for people needing urgent mental health care.

If you would like to speak to someone about getting support for your mental health, the best person to speak to is your GP.

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Guidelines (Terms of Use)

1. ADHD Babes is a safe space for Black women and non-binary people who identify with having ADHD. (This includes Black people of mixed-Black heritage)
2. We have a zero-tolerance policy on discrimination of any kind including but not limited to ableism, racism, sexism, fatphobia, xenophobia, ageism, homophobia & transphobia. All babes are welcome regardless of disability, size, age, sexual orientation etc.
3. ADHD Babes is inclusive of non-binary/gender fluid folks who identify with ADHD from the Black community regardless of presentation or assignment at birth.
 - ⇒ We welcome all non-binary folk, including those who present as masc, femme, androgynous, anything outside of these labels or on the spectrum of gender fluidity.
 - ⇒ The majority of our group are Black Women with most of our Non-binary folks being AFAB.
 - ⇒ We welcome all non-binary folk even if you do not fall within the category of AFAB as we are a trans-inclusive space.
 - ⇒ We are learning and growing to create a safe space for everyone in our community so are always open to suggestions and ideas to improve the community, please let us know if you have any feedback!
4. No NSFW or obscene content. This includes comments, text, images or links featuring nudity, sex, hard violence or other graphically disturbing content.
5. We respect everyone's right to be themselves and flourish, and we are open to suggestions and non-judgemental advice and support.
6. This is a confidential space, we ask that we keep what is said in the group private and to not share people's details without consent. Sharing means in the form of re-telling sensitive stories, taking screenshots/videos or showing other people who are not members of the group.
7. We are open to suggestions and non-judgemental advice and support.
8. We know by nature our conversations can go all over the place but please do your best to keep the conversation relevant to each channel on the Discord, and help each other to redirect to the right channel if the topic is changing.

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9. Please provide trigger or content warnings (TW / CW) before starting sensitive topics.

10. If you notice something against the rules or something that makes you feel unsafe, let a member of our team know on admin@adhdbabes.com. We want it to be a welcoming space for all of us!

11. Note that although we take all precautions to keep this a safe space, we cannot be held responsible for individual decisions to ignore the confidentiality and safety guidelines. If we are made aware of any breach of trust, this will result in a private warning or ban.

12. We are not a mental health service and do not provide support for people in a crisis or those needing urgent mental health care. If you feel unsafe or unwell, please speak to your GP or local emergency service for crisis support. More information is available on our 'Staying safe' policy.

We encourage you to:

- ⇒ Come as you are, you are welcome with your mask off.
- ⇒ Share your truth! Sharing your struggles and successes may inspire someone.
- ⇒ Let us know how we can be more accessible for your needs and disabilities. Folks with any disability are welcome here, invisible or visible.
- ⇒ Offer kindness and compassion to other babes in the group if you have capacity
- ⇒ Offer kindness and compassion to yourself, if you feel overwhelmed always do what you need to take care of yourself and be safe.

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Membership

To be a member of ADHD Babe you must be:

- Over 18
- Identify as a Women or Non-Binary Person
- Be of Black Heritage (or Mixed Black Heritage)

If you are found to not meet these requirements membership will be revoked without refund

Any member who breaches our Terms of Use will have membership revoked without refund