

rithim

FOR WOMEN WITH ADHD

Support that continues *between* sessions.

Rithim is a psychologically informed app developed specifically for women with ADHD.



Diagnosis can provide an explanation. Treatment can provide direction. But everyday ADHD still happens between appointments.

Rithim offers practical, compassionate support for moments of overwhelm, emotional dysregulation, executive functioning difficulty and changing capacity.

- Understand what may be happening for you today
- Access practical ADHD support in the moment
- Notice patterns in capacity, emotions and executive functioning
- Explore how hormonal changes and different stages of life may influence your ADHD experience

Not another productivity app.

Rithim is strongly influenced by Compassion Focused Therapy and helps women move through:

Understanding → Compassion → Action

Created by Dr Deirdre Ryan

Clinical Psychologist

Founder of Rithim

Director of Koa Psychology

Designed specifically for women with ADHD



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Rithim is a self-management and psychological support resource. It does not provide diagnosis, emergency support or replace medical, psychological or psychiatric care.