

Thank you for your enquiry about our Adult ADHD assessment.

The aim of this guide is to give a summary of the assessment we can offer and hopefully answer any questions you have. Please do not hesitate to contact one of our triage staff on 0203 326 9160 if you have questions or if you would like to book an appointment.

What does the ADHD assessment package involve?

This package has been developed based on evidence based best practice and meets NICE guidelines. It is a very detailed and fully comprehensive ADHD assessment, involving

- 4 questionnaires sent before the appointment,
- 1.5 hour consultation with a Consultant Psychiatrist
- A specialist psychometric used to aid diagnosis
- Screening for other common mental health conditions
- A full written psychiatric report that will follow the assessment
- A diagnosis where one can be made
- Treatment recommendations

*Please note that follow up appointments, prescriptions and medications are not included in the price of the assessment

Treatment Options:

There are some important things you need to know about treating ADHD, before you seek an assessment. We always try to be transparent about the future costs in treating in ADHD. Please read the following carefully; and please ring the triage team if you have any questions.

Medication is the first line treatment recommendation for adults who have ADHD. The medications used are controlled drugs. Before you start medication you may need some physical tests (such as an ECG) to make sure that the medication is safe for you. You may or may not be able to have these tests carried out by your local NHS services.

Once you start your medication, you will need several follow up appointments to find the right level of medication for you. Your GP or NHS service may or may not be willing to carry out these follow up appointments. If you are not able to access these appointments through the NHS you will need to pay privately for them.

Once the right dosage for you has been established, your GP or NHS service may or may not be willing to continue prescribing your medication. We cannot guarantee if your local NHS services will be able to do this for you and always recommend that you seek advice from your GP before starting the assessment process.

You will need 6 monthly or annual check up appointments to continue your medication. Your GP or local NHS service may or may not be able to provide these. You may need to pay privately for these appointments.

Talking therapies such as CBT can be highly effective for developing effective coping mechanisms which can help some of the difficulties people with ADHD commonly experience. Once learnt, these skills last a lifetime. Clinical Partners have a range of Psychologists and Psychotherapists who can provide these.

What should I do next?

If you would like to find out more about this assessment package or find out where your local clinic is, please call 0203 326 9160 to speak to one of our triage team. Every year, they help thousands of people access the care they need. They will be able to advise on costs and when the next available appointment is.