



The ADD-vantage
Specialist ADHD support services
Great minds think alike, brilliant minds think differently

Adult ADHD Diagnosis Pathway

A step-by-step guide to getting an ADHD diagnosis in the UK

Source: www.adhduk.co.uk/diagnosis-pathways/

<p>STEP 1 Learn & Screen</p>	<p>Take the Adult ADHD screener via ADHD UK https://adhduk.co.uk/adult-adhd-screening-survey/ and read about the condition. Get an informed sense of whether ADHD might be affecting you before approaching your GP.</p>
<p>STEP 2 Speak to Your GP</p>	<p>If the learning and the screener suggest you are living with ADHD, make an appointment to see your GP to request a referral for an NHS ADHD assessment. Ask how long the waiting list is so you can consider alternatives if needed. Consider taking a trusted person with you, asking them to make notes and support you in your request. Emphasise any negative impact / consequences that you have / are experiencing because of your symptoms.</p> <p>If your GP refuses a referral:</p> <ul style="list-style-type: none">(i) Seek a second GP opinion — formally (via request to the practice) or informally (book with a different GP).(ii) Consider changing GP practice: nhs.uk/service-search/find-a-gp(iii) Explore private assessment — ensure the clinician is GMC-registered (gmc-uk.org). <p>If GP says there is no ADHD service in your area:</p> <p>England, Wales & Northern Ireland: NICE guidelines give you the right to ADHD provision — your NHS must fund you elsewhere via an Individual Funding Request (IFR).</p>
<p>STEP 3 Assessment: Choose Your Route</p>	<p>Option 1 — NHS Assessment Specialist assessment often via Adult Mental Health Services, (usually between 45-90 mins) with a psychiatrist, specialist ADHD nurse. You might meet with a Mental Health Professional initially who will decide whether to support your request with the clinical team. Emphasise any negative impact / consequences that you have / are experiencing because of your symptoms. Outcome: If diagnosed, a discussion on medication and referral back to your GP for shared care.</p> <p>Option 2 — Right to Choose (England only) You have a legal right under NHS England to choose your mental healthcare provider. If your local wait is too long, request an alternative approved provider. Your GP cannot refuse this right. Support letter available at: adhduk.co.uk/right-to-choose/</p> <p>Option 3 — Private Assessment Available UK-wide; bypasses NHS waiting lists but involves financial cost. Ensure your clinician is GMC-registered. Full guide: www.adhduk.co.uk/private-diagnosis/</p>
<p>STEP 4 Ongoing Care</p>	<p>Following diagnosis, you and your clinician will agree on ongoing care. The NICE guidelines (2018) recommend the following for adults diagnosed with ADHD:</p> <ul style="list-style-type: none">• Offer medication to adults with ADHD if their ADHD symptoms are still causing a significant impairment in at least one <u>domain</u> after environmental modifications have been implemented and reviewed.• Consider non-pharmacological treatment for adults with ADHD who have:<ul style="list-style-type: none">○ made an informed choice not to have medication○ difficulty adhering to medication○ found medication to be ineffective or cannot tolerate it.• Consider non-pharmacological treatment in combination with medication for adults with ADHD if symptoms are still causing a significant impairment in at least one domain.• When non-pharmacological treatment is indicated for adults with ADHD, offer the following as a minimum: a structured supportive psychological intervention focused on ADHD regular follow-up either in person or by phone. <p>Options:</p> <p>Specialist Centre Only: Continued care with the specialist mental health team.</p> <p>Shared Care (most common): Care split between the specialist centre and your GP.</p> <p>GP Care Only: Discharged to the sole care of your GP after initial titration</p>