



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

## ADHD Assessment Recommendations for women (16+)

**Dr Helen Read** - excellent, she has a thorough and incredible insight as she has ADHD herself. She is very committed to the pharmacological approach to ADHD, very knowledgeable about the combinations / side effects etc. I have used her myself, and continue to do so - I really like her and do recommend but she shares a lot of information, and could be a bit overwhelming perhaps? [www.adhdconsultancy.co.uk](http://www.adhdconsultancy.co.uk)

**Dr Pablo Jeczmein or Dr Hina Rauf** - both- highly recommended by two women I have worked with - the experience sounded so supportive, gentle, affirming. [www.clinical-partners.co.uk](http://www.clinical-partners.co.uk)

**Vicki George, Clinical Nurse Specialist/RMN.** Vicki treats a family member who is quite hard to please, and she highly recommends her. Vicki has a gentle manner, pitching her practice to meet the needs of her patients with skill and care. You can find The ADHD Nurse on Instagram and visit her website -You will see that she really knows her stuff. She is a specialist nurse qualified to assess, diagnose and prescribe for ADHD. Prior to private practice she worked for many years in the NHS adult ADHD service. <https://theadhdnurse.co.uk/>

If you are need further reassurance, please have a look at the links below:

[Recommendations | Attention deficit hyperactivity disorder: diagnosis and management | Guidance | NICE](#) - it states that other appropriately trained healthcare professionals can also diagnose ADHD.

[Non-medical prescribing | Medicines guidance | BNF content published by NICE](#) -gives an explanation on nurse prescribing.

**Dr Iqbal Mohiuddin Consultant Psychiatrist** - One of my clients had a really excellent experience with Dr Mohiuddin, a very thorough, gentle and supportive assessment, and a wholistic approach to treatment and support post diagnosis. T: 08007797800 E: [driqbal@iampsy psychiatry.com](mailto:driqbal@iampsy psychiatry.com) [www.iampsy psychiatry.com](http://www.iampsy psychiatry.com)

**ADHD360** - I have not actually used, but have heard some good things about from some clients. One advantage is that they offer a spread out payment plan plus online pharmacy service. [www.adhd-360.com](http://www.adhd-360.com).

## Specific ADHD coaching around employment

I have connections with coaches who offer specific support around getting into work, retaining work, and highly recommend:

**Muna Ali** - has ADHD herself, worked for Action on Disability in the past, now self employed and OUTSTANDING in her experience and understanding of systems, including how to access funding for support: [muna.ali@postiveoutcomes.net](mailto:muna.ali@postiveoutcomes.net)

**Nikki Hardy** - 'A Sea of Hope Coaching' has ADHD, Career coach, helps people getting into work or changing careers. Uses wide range of tools, tips to support neurodiverse people in work. E: [nikki@aseaofhopecoaching.com](mailto:nikki@aseaofhopecoaching.com)  
[www.aseaofhopecoaching.com](http://www.aseaofhopecoaching.com)

## Therapy

I have heard excellent things about Cognitive Hypnotherapist Jenny Amir - She does not advertise as specialising with neurodiverse clients BUT she has had excellent results with some people I know personally.  
[www.hypnotherapytohelpyou.co.uk](http://www.hypnotherapytohelpyou.co.uk)