

Patient leaflet: Adult ADHD referrals

Current **waiting lists** for an NHS ADHD assessment are **very long**, with more and more **people waiting over 18 months**.



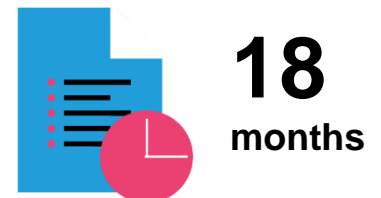
This is because we **are seeing twice as many people** who need an ADHD assessment.



Because of the long waiting list, you may want to ask your GP about **alternatives to an NHS assessment and the risks and benefits of that**.



If you would prefer an NHS assessment, a **referral can be made and you will be added to the waiting list**. We will contact you in about 18 months, when an assessment can be offered.



Alternatively, you may want to **postpone your referral** and seek support from local organisations.



We are very sorry for the impact that these long waiting lists will have. We are **assessing those people who have been waiting longest** and we are working with partners to increase the number of assessments we can offer in the future.

