

Adult ADHD service video transcript

0:00:02.000,0:00:07.440

We are the adult ADHD service. We can help if you are having challenges that may suggest you

0:00:07.440,0:00:12.480

have attention deficit hyperactivity disorder known as ADHD and you would

0:00:12.480,0:00:18.480

benefit from a formal diagnostic assessment. If you are diagnosed with ADHD, we may offer ADHD

0:00:18.480,0:00:23.840

medication or a place in our post-diagnostic group where you'll be able to explore what it means to

0:00:23.840,0:00:30.640

have a diagnosis of ADHD, adjusting to a late diagnosis and strategies that may be helpful. Not

0:00:30.640,0:00:36.000

everybody who has ADHD needs a formal diagnosis. There are strategies available to support common

0:00:36.000,0:00:42.160

symptoms of ADHD, and these strategies remain the same with or without a formal diagnosis.

0:00:42.160,0:00:48.400

A formal diagnosis is not always needed to request adjustments in work or education. A diagnosis

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can be helpful to improve understanding of your mental health needs and provide

0:00:53.280,0:00:59.680

evidence for reasonable adjustments in work, education, court, or healthcare.

0:00:59.680,0:01:06.240

You must have a formal diagnosis in order to access ADHD medication. We provide face-to-face

0:01:06.240,0:01:11.440

appointments in Reading and we can offer video calls. To access our service, you will

0:01:11.440,0:01:17.920

need to be referred by your GP or mental health professional. We do not accept self-referrals.

0:01:17.920,0:01:24.960

You can find out more information about the adult ADHD service and what we offer on our web page.