

## Do I have ADHD?



If you are wondering if you or someone close to you may have ADHD, the resources below could be helpful to you.

You are probably aware that “ADHD” (attention deficit hyperactivity disorder) is typically characterised by a combination of **inattentiveness** (difficulty concentrating and focusing) plus **hyperactivity and impulsiveness**, which has been present throughout life. Of course, everyone is unique and not everyone is typical!

It's also worth pointing out that some people with ADHD can have positive associated characteristics – for example, being good in a crisis or under pressure ; hyperfocus in some circumstances and potentially increased creativity.

Many people in the world will have some symptoms / behaviours in common with ADHD but the formal diagnosis itself depends on **how severely this impacts your life**.

It is also important to recognise that aside from ADHD many other factors can also affect our concentration /attention levels.

Consider whether having a formal diagnosis would be of benefit to you.

It could be helpful to validate your behaviours or life struggles and help you to understand yourself. Medication can be helpful for some people but is not on its own a magic solution. This can only be initially prescribed after a formal diagnosis by an ADHD service (not your GP) and waiting lists are currently long (see below)

In many cases **lifestyle strategies and improved self-understanding can be as useful as a diagnosis and medication**.

These will also be needed to manage your condition *in addition* to medication.

They may be worth trying *whilst you are awaiting an appointment*.

### Strategies could include:-

- **exercise**
- focussing on **sleep**
- **mindfulness** (lots of ways to practice this)
- **diet** (including omega 3)
- looking at your relationship to **social media** and any **addictions**
- specific time management /**distraction strategies** ( e.g. “pomodoro technique”)
- life **coaching** can be impactful for many people
- and more...

## Next steps - Resources:-

This great series of short informational videos 'Understanding and Managing ADHD" covers a range of topics <https://www.canddid.nhs.uk/> ( including whether to consider a diagnosis ) and are highly recommended.

You may find these 2 books could help to point you in the right direction (they have been recommended by patients with ADHD). Both also available as audiobooks : -

"Stolen Focus" - Johann Hari - <https://stolenfocusbook.com/>

"Scattered Minds" – Dr Gabor Mate - <https://drgabormate.com/book/scattered-minds/>

There are also some websites listed below for further information.

## Next steps – referral?

If you wish to consider referral to an ADHD service, it would be helpful to first complete this screening questionnaire:- <https://adhduk.co.uk/adult-adhd-screening-survey/>

If indicated, then make contact with your GP surgery - ideally via our AccuRx online appointment system to request a referral <https://florey accurx.com/p/L81025> (it would be helpful to enclose a copy of your screening questionnaire)

Please note that NHS in person and online resources are currently unable to meet the significantly increased demand for assessment for potential adult ADHD. This includes the online Psychiatry UK “right to choose” NHS referral pathway, which is currently closed. Assessment appointment waiting lists are currently in excess of 3 years.

Some people with means may choose a private assessment service. Please be aware that your GP cannot prescribe any medication unless it has been *commenced and stabilised* by a suitably qualified specialist.

## Websites

- <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>
- The ADHD Foundation ([www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk) ) Providing information around ADHD.
- ADHD UK ([www.adhduk.co.uk](http://www.adhduk.co.uk) ) Providing information, advice, and support around ADHD including parent coaching.
- Young Minds - for < 25 y olds - ([www.youngminds.org.uk](http://www.youngminds.org.uk) ) includes a section all about ADHD.
  - The Sleep Charity ([www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk) ).
    - Cerebra ([www.cerebra.org.uk](http://www.cerebra.org.uk) ).
  - Candid – video shorts <https://www.canddid.nhs.uk> – see above

