

How to Get an Adult ADHD Diagnosis in the UK



Getting an [ADHD diagnosis](#) as an adult in the UK can feel overwhelming.

You may have spent years wondering why focus feels impossible, or why you can't seem to stay consistently organised no matter what.

Understanding the process can make it feel far less daunting.

Starting With Your GP:

The first step is booking an appointment with your GP. This is always the starting point, whether you choose the NHS or a [private ADHD assessment](#).

The more detail you can provide about your symptoms, the better.

Your GP will ask about your symptoms, when they began, and how they've affected your daily life. They'll also ask about your early years - even if you weren't diagnosed as a child.

If your GP agrees to refer you, there are two possible routes.

The NHS Route:

If your GP refers you through the NHS, you'll be added to a waiting list for an [adult ADHD assessment](#).

Waiting times vary across the UK - from several months to over two years in some areas.

You'll meet with a psychiatrist or specialist who will explore your childhood history, current symptoms, and how ADHD affects your day-to-day life. [Standard assessment tools](#) may be used.

If you receive a diagnosis, medication can be arranged. Access to therapy and additional support may depend on your local NHS services.

The Private Route:

Private assessments usually offer much shorter waiting times - often just a few weeks.

However, costs are significantly higher, typically ranging from £500 to £1,600 or more for an initial assessment, with additional follow-up fees.

Many people choose to begin privately, then transfer back to the NHS for ongoing care.

This is known as shared care, where a private psychiatrist initiates treatment and your GP continues prescribing under specialist guidance.

Not all GPs accept shared care arrangements, so it's important to confirm this in advance.

What Happens After Diagnosis?

Receiving a diagnosis can open the door to meaningful support and understanding.

You may be offered medication, such as stimulants like [methylphenidate](#) or non-stimulants like atomoxetine. Finding the right medication and dosage can take time and patience.

You'll also be entitled to reasonable adjustments at work under the Equality Act 2010, which may include flexible deadlines, written instructions, or access to a quieter workspace.

Moving Forward:

Getting diagnosed often brings a sense of clarity and self-compassion.

With the [right support](#), you can build systems that work with your ADHD - allowing you to function more effectively and thrive in daily life.

Original Source:

<https://adhdandautismclinics.com/how-to-get-an-adult-adhd-diagnosis-in-the-uk/>