

# ADHD - Children

ADHD (attention deficit hyperactivity disorder) is a condition where the brain works differently to most people. Children and young people with ADHD may have trouble with things like concentrating, sitting still and being impulsive, it typically starts before the age of 12. There are ways to help manage the symptoms of ADHD.



## What to do if you think your child has ADHD

**Step 1** Check for signs of ADHD – see the link to the NHS website which will give you a list of signs of ADHD in children.

[www.nhs.uk/conditions/adhd-children-teenagers/](http://www.nhs.uk/conditions/adhd-children-teenagers/)

**Step 2** If you're worried that ADHD may be affecting your child, talk to one of their teachers. Older children or teenagers may choose to speak to a teacher themselves.

The teacher will usually make a referral to the school's special educational needs co-ordinator (SENCO). The SENCO can discuss support in the classroom or with homework or help with building confidence and friendships.

**Step 3** If you're still worried or you think your child needs additional support, you may want to make an appointment with a GP.

At the GP appointment, the doctor will ask about the child or young person's symptoms and how these affect their life, it can be very helpful if you make a list of the symptoms your child is experiencing.

**Step 4** The GP may then refer your child for an ADHD assessment.

**Step 5** Right to Choose; If you are based in England under the NHS, you now have a legal right to choose your mental healthcare provider and your choice of mental healthcare team. This includes referrals relating to Autism assessments.

This service is offered through the NHS and is free – for more information regarding Right to Choose please see the link to the Lambert Medical Centre Website

[www.lambertmedicalcentre.co.uk/services/requesting-a-referral-via-right-to-choose-for-adhd-autism-assessments/](http://www.lambertmedicalcentre.co.uk/services/requesting-a-referral-via-right-to-choose-for-adhd-autism-assessments/)

### Useful websites

[www.lambertmedicalcentre.co.uk/services/requesting-a-referral-via-right-to-choose-for-adhd-autism-assessments/](http://www.lambertmedicalcentre.co.uk/services/requesting-a-referral-via-right-to-choose-for-adhd-autism-assessments/)

[www.adhdfoundation.org.uk/](http://www.adhdfoundation.org.uk/)

[www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/#WhattodoifyouthinkyourchildmighthaveADHD](http://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/#WhattodoifyouthinkyourchildmighthaveADHD)

[www.easyhealth.org.uk/](http://www.easyhealth.org.uk/)

[www.compass-uk.org/services/compass-phoenix/](http://www.compass-uk.org/services/compass-phoenix/)