



GP Conversation Template

I booked for this appointment because I am pretty sure I have ADHD.

I have had issues with inattentiveness, impulse control and hyperactivity [delete as applicable] since I was a child but now it is really affecting my life [you can give details of how here; job, home life, family etc].

These issues have been with me all of my life but I didn't know that ADHD was a thing in adults until recently so was unaware. I recently filled in the ASRS v1.1 self-report tool and almost all of my answers are in the grey boxes [or give actual scores]. I would like to be referred for an official ADHD assessment, if the waiting time is long in this area I would like to use Psychiatry UK or ADHD360, who I can be referred to under NHS Right to Choose [if you live in England].



@ADHDadultUK

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