

Changes to Adult ADHD Services in Berkshire

Frequently Asked Questions (Primary Care)

Why is Berkshire Healthcare temporarily stopping referrals to the Adult ADHD service?

The service is experiencing critical demand and capacity pressures, with more referrals received in a month than it was commissioned to assess in a year. Over 4,000 people are currently waiting, and there are significant delays in annual ADHD reviews. National shortages of ADHD medication and challenges with shared care have further strained the service. This mirrors a national trend.

When does the temporary stop start, and how long will it last?

Referrals to the Adult ADHD service will be paused from 1 December 2025. This will be reviewed as the service redesign progresses.

Will all referrals submitted before 1 December still be processed?

All referrals made up until 30 November will be processed. However, while the service is focusing on addressing the delays on annual ADHD reviews, this will impact the wait for other types of appointments (including waits for ADHD assessment and waits to start ADHD medication).

Are there any resources or interim support we can offer to patients

- We have a range of support guides on our website [Attention Deficit Hyperactivity Disorder \(ADHD\) Assessment | Berkshire Healthcare NHS Foundation Trust](#)
- ADHD UK for strategies, support groups and advice <https://adhduk.co.uk>
- Reading ADHD Group – ADHD Support Group in Reading/Berkshire for adults <https://readingadhdgroup.org>
- Adult ADHD, as recommended on the NHS webpages <https://www.adhdadult.uk/>
- ADDitude online magazine for a wide range of articles on research, strategies and advice <https://additudemag.com>
- BOB Staywell website for help with managing ADHD [ADHD - Stay Well](#)



What will happen to patients who are receiving ADHD medication?

The service is prioritising overdue annual ADHD reviews to ensure safety and compliance with NICE guidance. We will continue to provide support for our shared care patients.

What should GPs advise patients who are requesting a new ADHD assessment?

Whilst the service is not accepting referrals for ADHD assessments, if the GP identifies the patient may have a co-morbid mental health condition, they should refer them to our common point of entry team. The team will carry out a triage with the patient. If they assess there is a likely mental health condition, they will be offered a mental health assessment as part of our 'One Team' pathway.

If there is no evidence of a treatable mental health condition, this will be communicated to the GP who can then make a decision as to whether the patient meets the Right To Choose criteria for an ADHD assessment.

What about young people transitioning from Children and Young People's ADHD service for ongoing medication review?

The changes do not affect referrals to our Children and Young People's ADHD Team. The Adult ADHD Team will continue to accept young people 18+ for medication review who are transitioning from the CYP Neurodiversity service who are currently stable on ADHD medication.

What about referrals for ADHD medication?

We are unable to accept any new referrals for patients who wish to start or restart ADHD medication. For those patients not already receiving care and treatment for ADHD, you may wish to discuss Right to Choose options. Where appropriate (depending on the shared care agreement in place) we can accept a referral for an NHS transfer of care, where a patient moves into Berkshire and is already taking ADHD medication.

How will updates about the service design be communicated to primary care?

We will share updates and information, including opportunities to get involved with the service redesign, through the Primary Care bulletin.

Are there any patient-facing materials that GPs can share?

Information for patients will be available on the Berkshire Healthcare website from 1 December 2025 www.berkshirehealthcare.nhs.uk

Who should I contact if I have questions or would like to be involved in the service redesign?

Please contact Neuropsychology@berkshire.nhs.uk

