

Who is the service for?

Residents of City and Hackney or Tower Hamlets age 18 and over who have a confirmed diagnosis of ADHD and need a review, or who have symptoms that reasonably warrant an assessment of ADHD (for diagnostic assessment).

Referral Process

We accept referrals from GPs or other mental health professionals. Individuals with a confirmed diagnosis of ADHD will need to include their original diagnostic report or evidence of diagnosis.

We also offer new patient assessment for those who have not yet been diagnosed following screening usually by a Community Psychiatrist. GPs need to consent to the ADHD Shared Care Agreement at the point of referral to the service.

We are made up of Psychiatrists, a manager and Admin staff.

Contact Details

We hold clinics virtually and at the Primrose Resource Centre as well as other venues.

As we are a satellite service we do not operate a drop-in service. If you need to contact the service outside of your appointment, please phone the number below. However, for non-urgent queries the best way to contact us is via email:

Tel: 020 8525 1115

Email: elft.adhdservice@nhs.net

If you are also under another team and have been referred to this service, please contact your team if you are in crisis.

Alternatively, please contact the 24-hour crisis help-line on 0800 073 0006 (City and Hackney) or 0800 073 0003 (Tower Hamlets)

Other helpful websites:

<http://www.addiss.co.uk/>

<https://aadduk.org/>

<https://adhdfoundation.org.uk/>

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

City and Hackney and Tower Hamlets Adult ADHD Service



NHS

East London
NHS Foundation Trust

What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a life-long neurodevelopmental condition that can affect a person's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.

Some specialists have suggested the following as a list of symptoms associated with ADHD in adults:

- carelessness and lack of attention to detail
- continually starting new tasks before finishing old ones
- poor organisational skills
- inability to focus or prioritise
- continually losing or misplacing things
- forgetfulness
- restlessness and edginess
- difficulty keeping quiet, and speaking out of turn
- blurting out responses and often interrupting others
- mood swings, irritability and a quick temper
- inability to deal with stress
- extreme impatience
- taking risks in activities, often with little or no regard for personal safety or the safety of others – for example, driving dangerously

Assessment Process

If you have previously been diagnosed with ADHD you will be offered a medical review by a psychiatrist within the team. You will need to bring details of your medication and any recent letters or reports, particularly if you have previously been treated under a different ADHD team.

Following this the doctor will discuss treatment options with you.

If you have not been diagnosed formally with ADHD, we will offer a full assessment to determine if you have ADHD. This consists of a series of appointments with professionals working within the ADHD service.

Your doctor may ask you to attend your GP surgery or send you to the hospital clinic for physical assessments, and they may carry some of these out during the appointment.

Once the diagnosis is confirmed at the second or third appointment the doctor will discuss treatment options with you.

If you do not meet the threshold for a diagnosis of ADHD the doctor will write to your GP and refer you on to alternative services if this is indicated.

After Diagnosis

The doctor or consultant will meet with you to discuss treatment options.

The options include medication and psychological treatment. Medication options will be offered depending on the outcome of the physical health assessments.

We are planning to offer non-pharmacological interventions in the near future such as psychological therapy, group interventions and psychoeducation.

If medication is started you will be offered a number of follow-up sessions to monitor the treatment. Once you are stable on this medication you will be discharged back to the care of your GP who will continue to prescribe your medication under the Shared Care Agreement.

Your GP will refer you back to the ADHD clinic for an annual review. This can be done directly to the service by email: elft.adhdservice@nhs.net

