

16th July 2026

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Dear Henry,

Freedom of Information Request FOI 098

Thank you for your request for information which we received on 30 June 2026.

Our answer to your questions is as follows:

Adult ADHD Assessments

1. How many adults do you have waiting for an ADHD diagnosis at the moment?

As of the 30 June 2026, there were 3,639 Adults waiting for an ADHD assessment.

Please note that the wait is for an assessment, as not every person referred will go on to receive a diagnosis.

2. How many adults were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).

There were 104 Adult ADHD assessments during the requested time-period. Please note, this does not include appointments that were not attended. (e.g. cancellation or did not attend).

From 1 December 2024 the service has been prioritising the provision of medication reviews for patients currently prescribed ADHD medication to ensure treatment remains safe and effective. This means a small number of assessments have been carried out over the specified time-period.

3. If an adult was referred to you now when would you expect them to be seen?

The service is not currently accepting new referrals. However, 8% of those currently waiting for assessment have been waiting for 4 years or longer.

4. Please describe your current Adult ADHD Assessment pathway.

Our Adults ADHD service is not currently accepting new referrals for assessment, as we are prioritising medication reviews for patients currently prescribed ADHD medication to ensure treatment remains safe and effective.

The service is currently engaged in a system-wide programme led through the Thames Valley Integrated Care Board (ICB) and Thames Valley Mental Health Provider Collaborative, working across Berkshire, Buckinghamshire and Oxfordshire to address significant pressures on Adult ADHD services and develop a more sustainable model of care. Patients can also discuss options with their GP, which may include Right to Choose referral where this is appropriate.

Child ADHD Assessments

5. How many children do you have waiting for an ADHD diagnosis at the moment?

As of 30 June 2026, there were 5,784 Children and Young People waiting for an ADHD assessment. However, this figure also includes patients who were referred to the service with an



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existing diagnosis of ADHD with a request to consider initiating medication or take over the specialist review of ADHD medication.

Please note that the wait is for an assessment as not everyone referred will go on to receive a diagnosis.

6. How many children were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).

There were 722 Children and Young People ADHD who attended a first appointment during the requested time-period. This does not include appointments that were not attended. (e.g. cancellation or did not attend).

Please note that this number will include some children and young people who were referred with an existing diagnosis with a request for the service to consider initiation of medication or taking over the specialist review for medication already initiated elsewhere.

7. If a child was referred to you now when would you expect them to be seen?

The service currently anticipates a wait of approximately 30 – 40 months from the date of referral.

However, wait times can change and predicting future waits is complicated by a number of variables, which can change at short notice and are not all within the control of the service.

8. Please describe your current Child ADHD Assessment pathway.

Referrals are made jointly by families and the early years setting or school in partnership together. Where this is not possible another professional with direct knowledge of the child partners with the family (e.g. Health Visitor, Speech and Language Therapist, CAMHS Clinician, home tutor). This means referrals are made by those who know the child or young person best, based on a shared understanding of their needs, with a focus on what support is or should be in place now.

Families and schools complete an additional information form together and then upload this when they submit the online referral form, together with a copy of the support plan in place. This means that we will have all the information we need from the right people to decide how we can best help and to support effective and prompt triage decisions. The right time to decide whether a referral is needed is after a robust support plan has been implemented and evaluated.

This approach aligns with the SEND Code of Practice, and Graduated Approach, promoting early identification, inclusive practice, and a child-centred approach and help ensure timely, tailored support for children and young people, without waiting for or relying on formal diagnosis.

Assessment consists of:

- Pre assessment information gathered from family and educational setting
- Qb test (Assistant Psychologist)
- Assessment appointment with young person and parent/carer
- Where possible assessment, diagnostic decision and feedback on the same day (longer appointment)
- If required, interview with education staff or interview and observation in educational setting (Assistant Psychologist)
- Feedback to the family and discussion of medication where clinically appropriate.

We hope this response fulfils your request.

Should you not be satisfied with our response, you have a right to complain and request an internal review. You should forward your request to foi.bht@berkshire.nhs.uk.

In the meantime, if you have any queries then please contact us at the above address.



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Yours sincerely



Julie Hill
Company Secretary



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