



THE ADULT ADHD SERVICE

Contact Details:

Tel.: 01925 387058

Email: cmicb-war.adhdservice@nhs.net

Contact Operating Hours

We endeavour to return contact to you as soon as possible, however please see below for our official operating hours.

Telephone line:

The ADHD Service phone lines are open between **10am-3pm Monday-Friday**. Alternatively, you can leave a voicemail.

Voicemails & emails:

Voicemails and emails are monitored between **9am-5pm Monday to Friday**.



affiliated Primary Care Delivery Organisation, Quay Primary Healthcare C.IC is an Registered with the Care Quality Commission 1-2182562346 Co Number 09140668 www.quayhealthcare.org

What is ADHD?

ADHD is Attention Deficit Hyperactivity Disorder. Symptoms may include hyperactivity, poor concentration, impulsivity, inattentiveness and restlessness.

ADHD symptoms are often categorised in three areas of difficulty:

1. **Inattention** – This is difficulty staying focused. You may find it hard to keep deadlines. Your memory may be poor – you may forget appointments, deadlines or to pay bills. You may be disorganised, or easily distracted.
2. **Hyperactivity** - This means you may have difficulty staying still. You may feel restless, you may often be impatient with people or in certain situations. You may be overly talkative.
3. **Impulsivity** – This means you may speak or act without thinking of the consequences. Also, you may have problems prioritising, focusing or staying on tasks, and have issues with multi tasking.

There are other difficulties associated with ADHD that you may experience also, such as difficulties with mood swings, problems dealing with stress and issues regulating your emotions – which may feel particularly sensitive and intense. You can find out more about ADHD and its related symptoms at <https://www.additudemag.com/adhd-in-adults/>

What ADHD is NOT...

ADHD symptoms are NOT suicidal thoughts or intentions or violence towards self – if you have these symptoms you should seek further mental health support.

Call 0800 051 1508 to access the local Mental Health Crisis Line (First Response Service)

Useful Links

www.maddchester.com Manchester ADHD meet ups (for adults)

www.tracyotsuka.com/podcasts ADHD for smart ass women- podcast

www.adhdmarriage.com The ADHD effect on Marriage by Melissa Orlov

www.adhdfoundation.org.uk

www.additudemag.com

[Adult ADHD | TotallyADD.com | Advice, Videos, Guides, Humor](#)

[Community Network | ADDvanced Solutions Community Network](#)

What Does the Adult ADHD Service Provide?

The ADHD service was set up in 2021. It is a small service that covers the Warrington Borough area. Quay healthcare Adult ADHD service is an exclusive service for the diagnostic, treatment and stabilisation of ADHD (and its core symptoms) only – it is not an emergency service. The ADHD service is not a service that provides treatment and support for other known complex mental health issues, signposting to other service is available.

Who Are the Warrington Adult ADHD Team?

Our team is made up of staff from a range of backgrounds, including medical, nursing, pharmacy and clinical psychology.

The clinicians roles are to assess, diagnose, treat and stabilise ADHD symptoms as part of the clinical pathway.

There are also Assistant Psychologists within the team who offer and deliver short-term psychosocial support, to help individuals learn skills and strategies for coping with their ADHD. If this is something you would be interested in, please don't hesitate to contact us to find out more.

What Should I Expect After a Referral?

A referral can only be accepted from a GP practice or a secondary mental health team. From there it will be sent to our service and evaluated by our team. Once the referral has been received it will be triaged by our team. We will send you a letter to inform you once you have been accepted into the service.

Please be aware that the waiting list for our service in some areas can exceed more than 12 months. If you experience any further mental health concerns in the meantime, please go to your GP for support and advice.

The ADHD Assessment Process

You will be sent an 'ADHD Paperwork Bundle' that you will have a set period of time to complete and return to us. It is essential this paperwork is returned to us as it is vital for the assessment process and without it we will not be able to book your first appointment. After we have received your completed paperwork, you will be placed on a waiting list for the first stage of your assessment (Part 1). The assessment is a quite a lengthy process and so we have split it over two appointments slots to make it easier for you to attend. This will be a video call and will last approx. 2 - 2 ½ hours with an Assistant Psychologist. Please make sure you have a private space to take the appointment, and allow the maximum time. This appointment will utilise the paperwork you have completed and build on this throughout.

The second part of your assessment (Part 2) will involve another video call with a Specialist ADHD Diagnostic Nurse (again, please allow 2 – 2 ½ hours for this appointment) to go discuss in more detail some of the questions you've previously answered, and offer a conclusion of the outcome of the assessment – which may be a diagnosis of ADHD.

Both assessment appointments must be attended for you to gain future access to our service as they are both an essential part of your diagnostic/treatment pathway. Failure to attend either of these first assessment appointments will mean that you may be discharged from our service. If you think there may be a possibility you cannot attend your scheduled appointment, you must contact us using the contact details provided in this leaflet providing us with at least 24 hours notice.

Post Diagnostic Assessment Appointments

You will be expected to attend ALL further follow up appointments, which will be used to ensure your treatment plan is working and being effective.

Through this process, it is likely there could be small changes or modifications to your treatment to ensure that you are getting the best results from your care plan. This will be based on your feedback and your personal needs.

You will typically have four, 30 minute follow up appointments with our service if a diagnosis is made.

What is Shared Care?

After several follow up appointments it is expected that you will be stable on your treatment. Once your medication has been optimised you will be moved into shared care, which is an agreement between you, your GP practice, and the ADHD service. Your GP will carry on your treatment, and you are expected to have a 6 monthly review via the GP. You will continue to be invited, and expected to attend, annual reviews with the ADHD service.

If you do not attend these reviews with your GP or our service, your medication may be stopped and you could be discharged from the ADHD service.

Giving Feedback

Getting feedback on our service from people who use our service and their families is really important to us. Your feedback helps us to keep making our service 'the best it can be'.

Please tell us what you think by completing a feedback form, which we will send to you following your appointments.

Remember to send us your completed paperwork!

You can do this via email, or posting it to us (postage fees may apply), see details below.

Tel.:
01925 387058

Email:
cmicb-war.adhdservice@nhs.net

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