

Changes to Adult ADHD Services in Berkshire

What change is being made?

From 1 December 2025, Berkshire Healthcare will temporarily stop accepting new referrals to our Adult ADHD Service.

This difficult decision has been made in discussion with our local Integrated Care Boards (the organisations responsible for planning health services in their local area) to make sure we can continue to provide safe, effective and sustainable care for people who already use the service.

We know this news may be worrying, and we want to explain why this step is necessary and what it means for you.

For up to date information please visit the Berkshire Healthcare website:

www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/attention-deficit-hyperactivity-disorder-adhd-assessment

Why are these changes happening?

Over the past few years, demand for adult ADHD assessments and ongoing care has grown much faster than anyone anticipated. The service now receives more referrals in a single month than it was originally commissioned to assess in a whole year.

We have also been affected by national medication shortages.

This situation has become unsustainable, so we're temporarily stopping new referrals to protect patient safety by focusing on those currently under our care and redesigning the service for the future.

What this means for you

Our priority remains ensuring that people with ADHD continue to receive safe and appropriate support during this period.

If you're waiting to start medication, you'll stay on our waiting list, you don't need to do anything.

If you're currently receiving treatment from our Adult ADHD team, your care will continue as normal. During this period, we're prioritising medication reviews to make sure everyone's treatment is safe and effective.

If you're transitioning from children's ADHD services to adult services, this will go continue as planned. You don't need to do anything.

Can I still be referred for ADHD assessment elsewhere?

You may want to discuss with your GP your eligibility for an ADHD assessment with an alternative provider under patient choice.

Please be aware these are subject to eligibility criteria and there are currently waiting lists for all providers.

What support is available for people with ADHD during this time?

There are various websites you can visit for support and guidance, as well as a number of organisations that can help you.

Berkshire Healthcare have a range of support guides on the website:

website www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/attention-deficit-hyperactivity-disorder-adhd-assessment/

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: <https://staywell-bob.nhs.uk/adhd/>

How will this change improve the service?

This period will allow Berkshire Healthcare to:

- Catch up on overdue annual ADHD reviews and stabilise current caseloads
- Redesign the ADHD pathway to make it more efficient and accessible
- Work with service users and partners to co-produce a model that better meets local needs
- Strengthen shared care arrangements and improve coordination with primary care

The aim is to deliver a more sustainable and effective service in the long term.

How long will referrals be closed?

There isn't a fixed end date yet. The service will reopen for new referrals once it's safe, stable, and sustainable to do so.

This situation reflects a national increase in demand for ADHD assessment and treatment, with many NHS trusts facing similar pressures.

We'll share regular updates on this webpage and through local partners as the redesign progresses.

Questions about these changes

If you have question that isn't answered here, please contact: Neuropsychology@berkshire.nhs.uk

If you have concerns or a complaint, please contact Berkshire HealthCare's Patient Advice and Liaison Service (PALS):

Call: 0118 904 3467

Email: PALS@berkshire.nhs.uk

Website: www.berkshirehealthcare.nhs.uk/contact-us/our-patient-advice-and-liaison-service-pals