



Getting help for possible Children and Young People's Autism and ADHD

We are changing how you get help from our Children and Young People's Autism and ADHD services.

There are lots of requests for autism and ADHD assessments, so waiting times are long. These changes will help children get support faster.

How should I get help for my child?

- Talk to your child's nursery or school.
- Tell the nursery or school about your child's needs and ask for a support plan. This will help them get support sooner.
- Try this plan for six months. If your child needs more help after that, the nursery or school can help you to get help from us. This is called making a referral. You and the nursery or school will answer some questions together. This helps us to get to know your child's needs better.

These changes will not affect your child if:

- A referral was made before 1 November 2024, or
- They take ADHD medication and go to review appointments with the ADHD Team.

Where can I get support?

If you think your child may have ADHD or autism, you can find support here:

- [Getting help now: ADHD.](#)
You can also download this as a PDF to print off: [ADHD](#) (opens PDF)
- [Getting help now: autism.](#)
You can also download this as a PDF to print off: [Autism](#) (opens PDF)