

Thinking about possible autism or ADHD?

Do you think your child may have autism or ADHD? Here's what to do next.

1 – Develop a support plan

Early support is what matters most and you do not need a diagnosis, assessment, or referral to get support.

Start by talking to your child's school, nursery or education setting about your concerns. They will be able to create a support plan tailored to your child's needs, without an assessment or diagnosis.

They can help with any immediate challenges and provide the support your child needs, right away.

If your child doesn't attend school, please follow the steps here with a professional (or more than one professional) who knows your child well. This could be a health visitor, speech and language therapist, paediatrician, or CAMHS clinician.



2 – Learn more about available support

There's lots of support available for a child who may have autism or ADHD. This is available for school or nursery, and for your family at home, without a diagnosis. In most cases, it's the same support you'd receive after a diagnosis.

You can find all this information by visiting our webpages listed on the back of this document.

3 – Follow the plan and advice for six months

Work with your child's school or nursery to put in place their support plan and follow any advice you've been given. Do this for six months to see if this gives your child the support they need.

You may feel at this point that you are much less concerned and that the support plan is providing what your child needs. If that is the case, you don't need to do anything else.

You've followed all the advice for six months, and your child still needs help. What now?

If, after six months of support, you are still worried, discuss this with the school or nursery. Together, you can decide if it is the right time to refer your child for an autism or ADHD assessment.

The referral process involves you and the school working together to provide information about your child. Doing this jointly means we get all the right information from the people who know your child best.

Please note: We can only accept referrals when there is clear evidence that a support plan has been in place for around six months, and it is also clear that an assessment is required to meet needs.



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Requesting help for possible ADHD or autism

Visit our webpage for more information about making a referral:

cypf.berkshirehealthcare.nhs.uk/autism-adhd-help

For more information

Mental and emotional health:

cypf.berkshirehealthcare.nhs.uk/mental-health

Sensory differences:

cypf.berkshirehealthcare.nhs.uk/sensory-processing

Communication:

cypf.berkshirehealthcare.nhs.uk/communication



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What support is available now?

Check our website to find out the support available now, without a diagnosis:

cypf.berkshirehealthcare.nhs.uk/neurodiversity