

GETTING ASSESSED · 3.13

# After Diagnosis: The First 30 Days

What to expect in the first 30 days after an adult ADHD or autism diagnosis: the emotional landing, the practical steps, and what to leave for later.

FOR

Adults newly diagnosed with ADHD or autism

AUDIENCE AGE

18+

REVIEWED

17 May 2026

PART OF

The NeuroFX resource library

## IN SUMMARY

## After Diagnosis: The First 30 Days

### The emotional landing

- **Relief, anger and re-evaluation often arrive together.** Many adults feel relief at finally having an explanation, alongside some grief or anger about how long it took. Both are normal. The diagnosis is being absorbed, not contested.
- **You may see the condition everywhere for a while.** This is a normal phase. It usually settles into a more balanced view over a few weeks.
- **Disclosure is yours to control.** A diagnosis is yours to share, at your own pace, with the people you choose. There is no need to tell everyone in the first week.

### What is worth doing in the first month

- **Read the report carefully.** The clinician has captured the diagnosis, the evidence and the recommendations. The report is the foundation for what follows.
- **Start one or two practical changes, not everything at once.** Workplace adjustments under the Equality Act 2010 are usually the highest-impact early change. ADHD medication initiation usually happens in a separate appointment after the report.
- **Address co-occurring mental health.** If anxiety, depression or trauma were identified, those need their own treatment plan. The ADHD or autism diagnosis usually clarifies what they were doing, but does not replace their treatment.
- **Pace family conversations.** Some are warm and overdue; some are difficult and slow. Start with people closest to you, share what you want to share, let them ask questions over time.

### How we can help

- **Medication initiation and titration where indicated.** NeuroFX prescribes and titrates ADHD medication after the assessment, with shared-care handover to your NHS GP where the local ICB accepts it.
- **Post-diagnostic support is part of the care.** Our reports cover practical next steps as well as the diagnosis. We are available to support workplace conversations, medication queries and any onward referrals.
- **Help if you were assessed elsewhere.** If your diagnosis was made elsewhere and you would like medication initiation or post-diagnostic support, NeuroFX can offer this.

#### WHEN TO SPEAK TO A PROFESSIONAL

If you were assessed at NeuroFX, your care plan covers the next steps. If you were assessed elsewhere and would like ongoing support, NeuroFX offers medication initiation and post-diagnostic care at our Bedford clinic. Seek same-day help via 111 (or 999 in an emergency) for any mental health crisis, including thoughts of self-harm.

#### SOURCES

NICE NG87; NICE CG142; Lewis 2016 (Int J Ment Health Nurs); Equality Act 2010

**NEXT STEPS****Speak to NeuroFX**

Private ADHD and autism assessment for adults and children aged 6 and upwards.  
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