

GETTING ASSESSED · 3.7

# How to Speak to Your GP About ADHD or Autism

A practical guide to speaking to your GP about ADHD or autism: what to bring, how to frame the conversation, what to ask for, and how to handle common GP responses.

FOR

Adults and parents preparing for the GP appointment

AUDIENCE AGE

All ages

REVIEWED

17 May 2026

PART OF

The NeuroFX resource library

## IN SUMMARY

# How to Speak to Your GP About ADHD or Autism

## Before the appointment

- **Prepare a one-page written summary.** Cover the traits you have noticed, how long they have been there, why you are asking now, and what you want from the appointment. Hand it to the GP at the start. It saves time and communicates seriousness.
- **Bring evidence where you have it.** Old school reports, family memories, photos, or the result of a validated screening tool. For autism, include sensory differences and lifelong patterns. For a child, school reports and concrete examples at home.
- **Decide what you are asking for.** NHS referral to the local service, Right to Choose to a chosen provider in England, or signposting if you plan to go private. Being clear up front helps the GP.

## In the appointment

- **Communicate three things clearly.** The pattern has been persistent and dates back to childhood. It affects more than one area of life. You are asking for a specific next step.
- **Stay calm with common deflections.** 'Try managing it first' has an honest answer if you have been managing for years. 'Right to Choose is not something we do' overlooks that it is a national NHS entitlement. The patient stays in charge of asking; the GP stays in charge of the clinical referral.
- **Anxiety treatment and ADHD assessment are not mutually exclusive.** If a GP suggests CBT for anxiety, you can pursue both. Many adults with ADHD have co-occurring anxiety; treating one does not rule out the other.
- **If one appointment does not go well, try another.** A negative GP conversation is one response in a short appointment, not a clinical verdict. Booking with a different GP at the same practice is a legitimate next step.

## How we can help

- **Right to Choose referrals in England.** NeuroFX is an NHS-contracted Right to Choose provider for ADHD assessment. We can supply a referral template for your GP to use.
- **Private adult and paediatric ADHD assessment.** Where the GP route is not working or the wait is too long, NeuroFX offers private ADHD assessment for adults and for children aged 6 and upwards.
- **Screening first if you want to test the waters.** Our online ADHD screening tool is a starting point. It does not give a diagnosis, but it can help you decide whether a full assessment is the right next step.

### WHEN TO SPEAK TO A PROFESSIONAL

Speak to your GP if the pattern is persistent and affects daily life. NeuroFX offers private ADHD assessment where the GP route is not working or the wait is too long, and accepts Right to Choose referrals in England. Seek same-day help via 111 (or 999 in an emergency) for any mental health crisis.

### SOURCES

NICE NG87; NICE CG142; NHS England

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

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