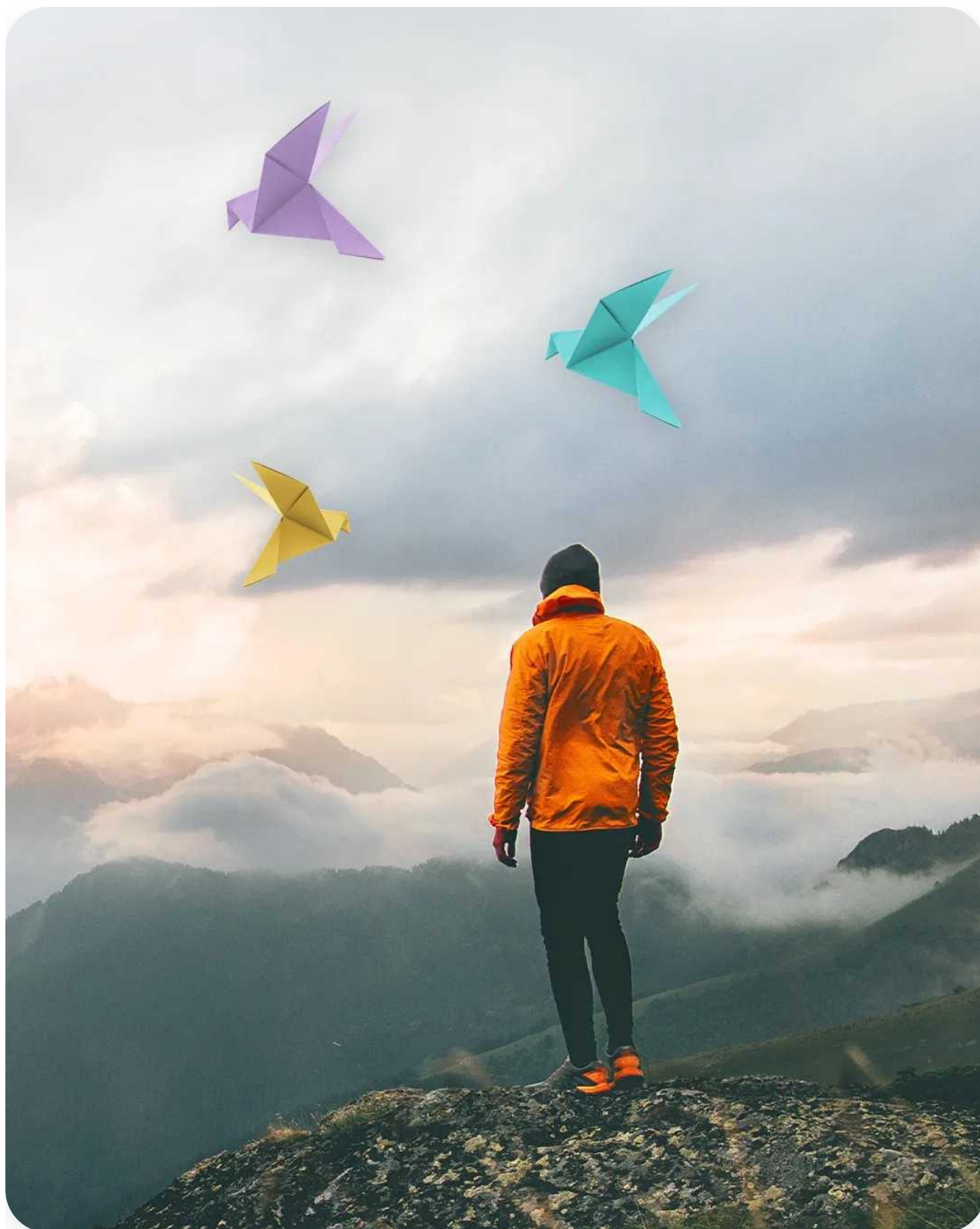


THE ADULT ADHD ASSESSMENT GUIDE

Chapter 9

Treatment and support

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A diagnosis is a beginning, not an end, and adult ADHD treatment options are broader than many people expect. Medication is one part of the picture, but only one. This chapter sets out the main forms of treatment

and support, how they fit together, and what they cost, so you can choose what suits you.

There is no single right approach

What helps one person may not be what another needs, and many people combine a few approaches. National guidance recognises both medication and non-medication support, and the right mix is the one that fits your life. Nothing here is compulsory. You can take up as much or as little as you wish, and change your mind as you go.

	What it is	What it can help with
Medication	Prescribed treatment, started through a careful titration process.	Steadying attention and impulse for many, though not everyone.
Talking therapy	Structured sessions such as cognitive behavioural therapy.	Managing anxiety, low mood and unhelpful patterns alongside ADHD.
ADHD coaching	Practical, goal-focused support for everyday systems.	Planning, time, organisation and follow-through.
Workplace and study adjustments	Reasonable adjustments, often supported by your report.	Flexible deadlines, quiet space, clearer written instructions.
Sleep and lifestyle	Attention to sleep, routine, exercise and recovery.	Reducing the everyday load that makes traits harder to manage.

The main forms of support, and what each is for.

Medication, in brief

If you and your clinician decide to try medication, it is started gradually. This is called titration: small, monitored adjustments to find the dose that helps most

with the fewest side effects. It is a careful, collaborative process, not a one-off prescription.

Once you are settled, ongoing care is simpler, with a periodic review to check the medication is still right for you. Our costs for both are fixed and shown below.

Service	Cost
Medication (titration) package 6 months	£995
Medication review or external-patient onboarding Annual for adults, 6-monthly for children	£250

Medication costs are fixed and shown in full.

Shared care and your GP

After private titration, some people ask their GP to take over prescribing under a shared care arrangement. This is always at your GP's sole discretion, and not every practice offers it. If shared care matters to you, please speak to your GP before you start, so you know where you stand.

Beyond medication

Many people find the most lasting change comes from the non-medication side. Therapy can help with the anxiety and self-doubt that often build up over years. Coaching turns understanding into practical systems that actually stick. And at work or in study, your report gives you a recognised basis to request reasonable adjustments.

These approaches work well together. Medication can make it easier to put new strategies into practice, while coaching and therapy help those strategies last.

Support is a conversation

The goal is not to fix you, because you are not broken. It is to remove the friction that has made ordinary things harder than they needed to be. The final chapter, [living well after diagnosis](#), looks at how to carry this forward in everyday life.

Key takeaways

- Treatment is individual; many people combine medication with therapy, coaching and practical adjustments.
- Medication is started through careful titration, then settled with a periodic review.
- Shared care, where your GP takes over prescribing, is always at your GP's sole discretion.
- Our medication costs are fixed and shown in full, and you take up only what you choose.

Common questions

Do I have to take medication if I am diagnosed?

No. Medication is one option among several, and it is entirely your choice. Many people do well with therapy, coaching and adjustments, with or without medication.

What is titration?

Titration is the careful, monitored process of starting medication gradually to find the dose that helps most with the fewest side effects. It is collaborative, not a single fixed prescription.

Will my GP keep prescribing my medication?

Sometimes, through a shared care arrangement after private titration, but this is always at your GP's sole discretion and not every practice offers it. It is best to ask your GP before you begin.

What support is there besides medication?

Talking therapy, ADHD coaching, reasonable adjustments at work or study, and attention to sleep and routine all help. They work well together, and your report supports requests for adjustments.

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This guide is general information, not a substitute for individual clinical advice, and it cannot diagnose ADHD or any other condition. If you are concerned about yourself or your child, please speak to your GP or arrange a professional assessment. NeuroFX is a CQC-registered clinic and our guidance follows NICE guideline NG87.