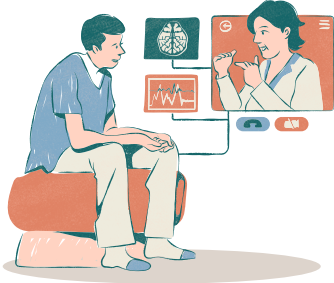


ADHD – What’s changing in February 2026



Trained GPs and Nurse Practitioners will be able to diagnose and treat ADHD for people 18 or older.

Our clinic **will not be offering** ADHD Diagnostic Assessments

What you need to know

While this change improves access, ADHD is still a complex condition that requires time and care to diagnose properly.

- **ADHD assessments require longer appointments** to ensure the right diagnosis and treatment
- An assessment is likely to take a **minimum of 90 minutes** over two or more appointments
- You won't be able to receive a diagnosis during a standard 15-minute appointment
- ADHD assessments will cost more than a usual GP appointment
- Clinicians will follow a **national clinical framework** to ensure safe, high-quality care
- For **children and young people**, diagnosis and treatment will still involve paediatric or psychiatry specialists or multidisciplinary teams.

Want an ADHD assessment?

Talk to your clinician during your appointment. They will ask questions about your symptoms and history and then complete a referral to another provider.

