

# While you are waiting for your Neurodevelopmental (ND) Assessment



## What's in this booklet?

- 1 [Front cover](#)
- 2 [Contents / Introduction](#)
- 3 [What is neurodivergence?](#)  
[What is a neurodevelopmental assessment?](#)
- 4 [Have you been referred for an assessment for ADHD?](#)
- 5 [Have you been referred for an assessment for autism?](#)
- 6 [When you'll hear from someone.](#)
- 7 [Neurodiversity specific support](#)
- 8 [Local support](#)
- 9 [National and urgent support](#)

# Hey there!

You have received this booklet because you are currently waiting to have a neurodevelopmental assessment. You might be wondering what that means. This booklet will explain this to you.

We are sorry that you are having to wait for your assessment as we know this can be difficult. To help you manage whilst you wait, this leaflet provides information to support you whilst you wait for the assessment to take place.



## What is Neurodivergence?

Neurodivergence, or ND for short, is the term for when someone's brain processes, learns, and/or behaves differently from what is considered "typical".

People are considered to be neurodevelopmentally different if they are diagnosed with autism, Attention Deficit Hyperactivity Disorder (sometimes referred to as ADHD) or dyslexia, among other conditions.

## What is a Neurodevelopmental Assessment?

An assessment simply means that a specialist clinician will invite you into one of our buildings and talk with you, listen to you and gather information about your mental health, your physical health, your personal development as a child and your family's medical history. This may take more than one appointment and may involve more than one clinician.

When you have a physical health check a specialist clinician will examine you. They might check your weight, blood pressure, and pulse. They might ask for you to have other physical health checks such as blood tests.

The clinicians involved in the assessment might also speak to other people, like school or a professional who knows you well, to help them get a really good picture of your strengths and difficulties.

## Have you been referred for an assessment for ADHD?


If you have been referred for an ADHD assessment, you will also be asked to complete a 'Qb' test (although it doesn't feel like a test, more like a game). This is an activity completed on a computer in one of our rooms. It helps us to compare your levels of attention, impulsivity and activity to other young people your age. You will also receive an information leaflet about the 'Qb' test nearer the time of the appointment for this.

[Click here](#) to learn more about ADHD.

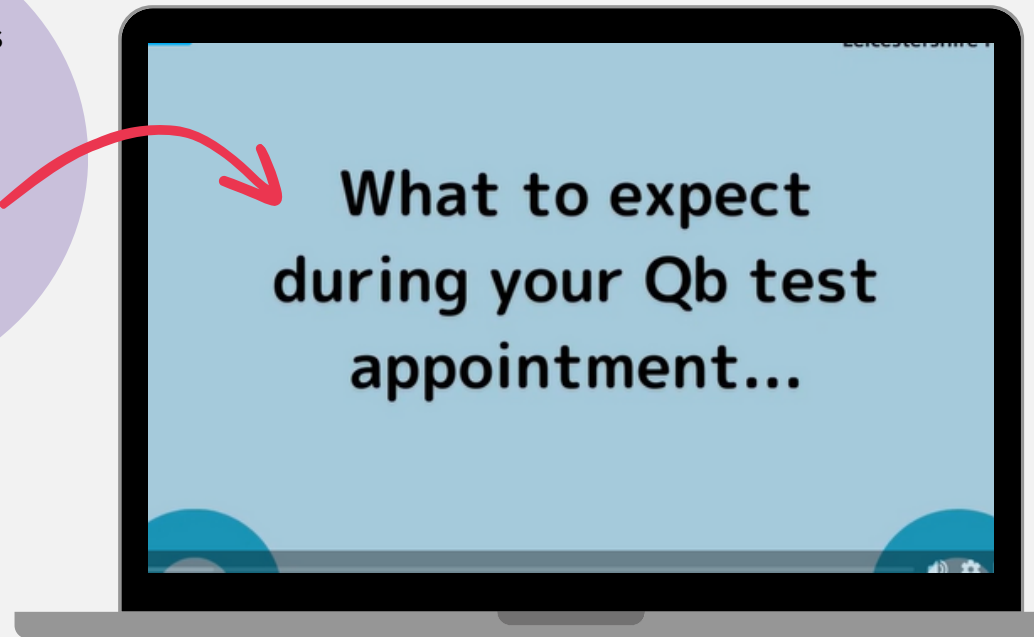
[Click here](#) to watch a video we've created all about having a Qb test.

**When you come for your qb test, you'll be meeting with a range of expert clinicians who are specialists in their fields. You might see different staff, including nurses, speech therapists, occupational therapists and psychologists.**

**You might also be seen at a different building to the one shown in the video.**



**What to expect  
during your Qb test  
appointment...**



# Have you been referred for an assessment for Autism Spectrum Disorder (ASD)?

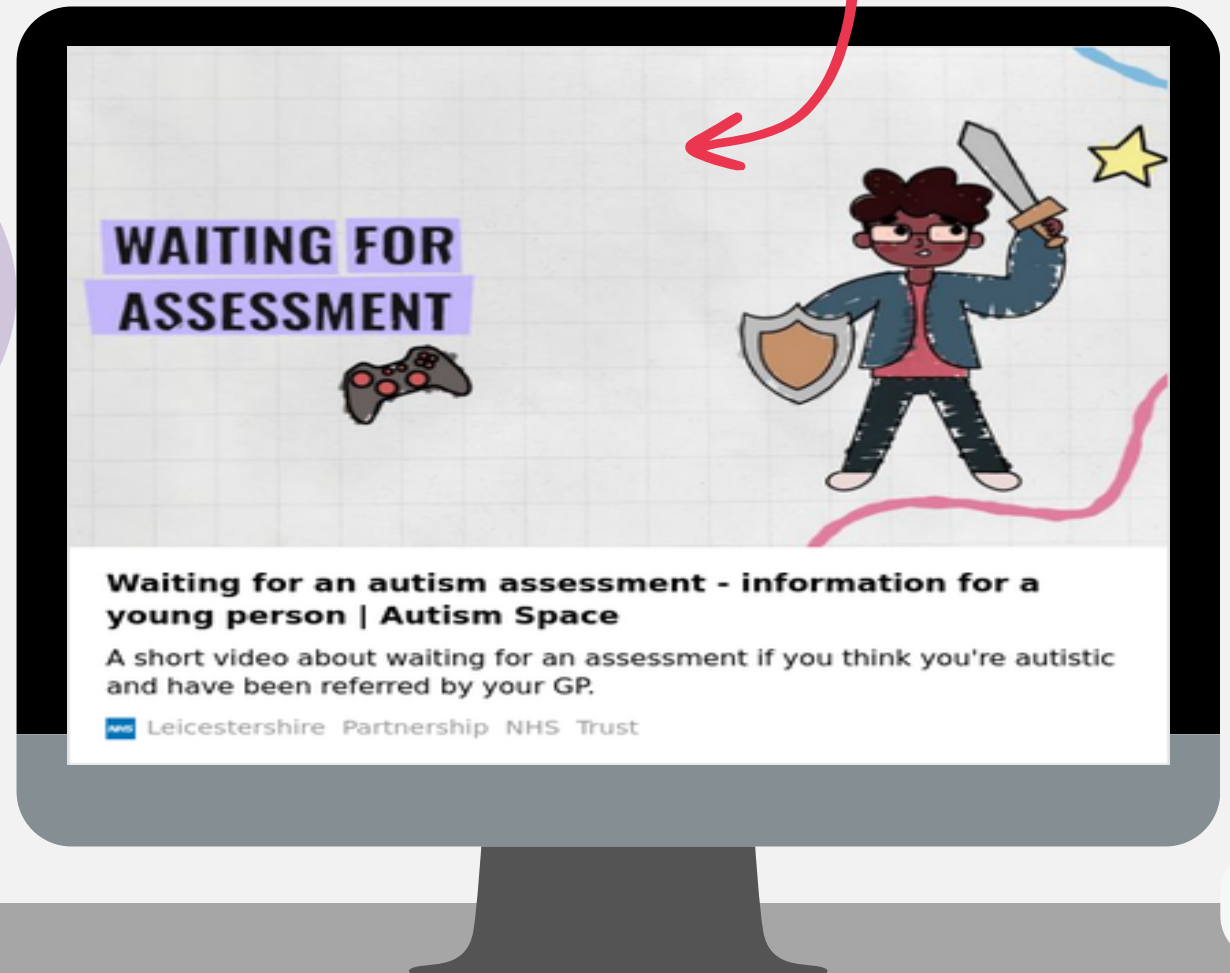
If you're currently awaiting an assessment and autism has been mentioned, it may be helpful to watch our short but informative video.

[Click here](#) to learn more about autism.

[Click here](#) to watch our video.



When you visit us, you'll be meeting with a range of expert clinicians who are specialists in their fields. You might see different staff, including nurses, speech therapists, occupational therapists and more.



When you'll hear from someone.

Once your GP has referred you to our service, we will contact you. Due to the service's long waiting lists, we are unable to provide a specific timeframe.

Rest assured, we will contact you as soon as possible.



## DID YOU KNOW?

You can click the [blue highlighted and underlined](#) text to launch more information

## Support whilst you wait?

There are several charities and websites that provide information and support for you and your family whilst you wait for your assessment and beyond too.

Remember, undergoing a neurodevelopmental assessment does not mean you will definitely receive a neurodevelopmental diagnosis. However, ND specific support charities offer lots of helpful resources that can still be beneficial to you and your family. Some of these include:

### National neurodiversity specific support



This website was created by the mum of a boy with ADHD to try and help other families. This website is mainly for parents but they have lots of helpful tips and a really useful [resources page](#).



The [National Autistic Society](#) does a lot to support autistic people. They also have an online community and a helpful [advice and guidance page](#).



[Kids SENDIASS](#) provides free and impartial information, advice, and support for the families of children and young people with disabilities or special educational needs.



[ADHD UK](#) is a charity run for people with ADHD by people with ADHD.



[The ADHD Foundation](#) is a charity working with young people with ADHD and families. They even have a [‘Teenagers Guide to ADHD’!](#)



[Ambitious about Autism](#) is a useful website for autistic children and young people, their parents and carers.

## Local neurodiversity support



[Autism East Midlands](#) has support hubs based in Leicestershire providing help and support to autistic people



[Chat Autism](#) is a local text messaging service to answer your questions. It's staffed by qualified NHS health professionals so you can be confident in the advice they share with you. You can send a text to: 07312 277097



[Autism Space](#) is a local site for Leicester and Leicestershire. This site answers all things about autism in helpful categories. Autism Space also has videos which have been made especially for young people.

## Local generic support



The [mind website](#) is mainly focused around mental health but there is lots of information about [ADHD and mental health](#) and [autism and mental health](#).



[Health for Teens](#) is an online service provided by the NHS. It includes lots of information in bite sized articles on [neurodiversity](#). There is also an [area specifically for CAMHS Leicester](#).



[Togetherness](#) offers a range of accessible learning pathways to help everyone understand more about brain development, emotional wellbeing and parenting for healthier relationships and happier lives.  
Access code: CURVE



## Generic support

### HEALTH FOR TEENS

[Health for Teens](#) is an online service provided by the NHS that covers large area of health and wellbeing. This website also has articles created by professionals who work at CAMHS, providing clinical advice on many topics such as ADHD, tics and OCD and an [area specifically for CAMHS Leicester](#).

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

### YOUNGMINDS

[Young minds](#) is a mental health charity for younger people. Their website has different articles, medication guides and useful resources. You can also text YM to 85258.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

tellmi

[Tellmi](#) allows an online safe and anonymous space for young people to discuss their feelings, seek support and receive counselling when necessary. It is available 365 days a year.

[www.tellmi.help/what-is-tellmi](http://www.tellmi.help/what-is-tellmi)

### NSPCC

[NSPCC](#) specialises in child protection and is dedicated to protecting children to prevent abuse. 0808 800 5000

[www.nspcc.org.uk](http://www.nspcc.org.uk)

### SAMARITANS

The [Samaritans](#) are here when life is difficult - day or night, 365 days a year. You can call them for free on 116 123 (Free 24 confidential hotline) [www.samaritans.org](http://www.samaritans.org)



[The Mix](#) offers online counselling for young people under the age of 25. You can access this on their website or text 85258

[www.themix.org.uk](http://www.themix.org.uk)



Feeling worried or low? Need to talk? Text [SHOUT](#) to 85258 for free and confidential support, 24/7. Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill.

[www.giveusashout.org](http://www.giveusashout.org)

### childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

[Childline](#) is a counselling service. Their website provides a free online service. They also have a free phone support service on 0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

### TOGETHERNESS

Bringing the Solihull Approach to the world

Togetherness offers a range of accessible learning pathways to help everyone understand more about brain development, emotional wellbeing and parenting for healthier relationships and happier lives.

Access code: CURVE

<https://togetherness.co.uk/>

## Urgent support



If you need urgent mental health support, 24/7 support is available over the phone.

Call [NHS 111](#), selecting mental health crisis option 2. This number is open 24 hours a day and is totally free and confidential.

You can also text 0748 063 5199 and we will aim to get back to you within 4 hours.

If there is an immediate threat to life, dial 999.

If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service:

[www.signvideo.co.uk/nhs111](http://www.signvideo.co.uk/nhs111)

<https://111.nhs.uk/>



If you are having thoughts about suicide or are concerned for a young person who might be, you can contact [HOPELINEUK](#) for confidential support and practical advice.

Call: 0800 068 4141

[www.papyrus-uk.org](http://www.papyrus-uk.org)



[Click here](#) for more helpful resources!