

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 will I hear from CAMHS?

7

Neurodiversity specific support

8

Local support

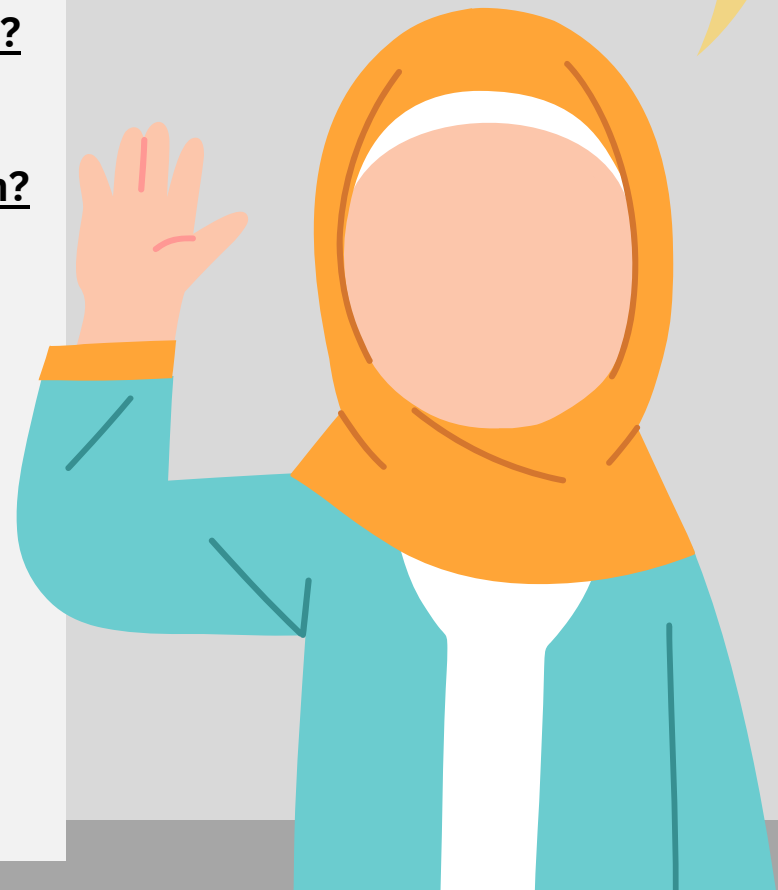
9

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 (this is someone who works at CAMHS) will invite you into one of our buildings and talk with you, listen to you and gather information about your mental 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.

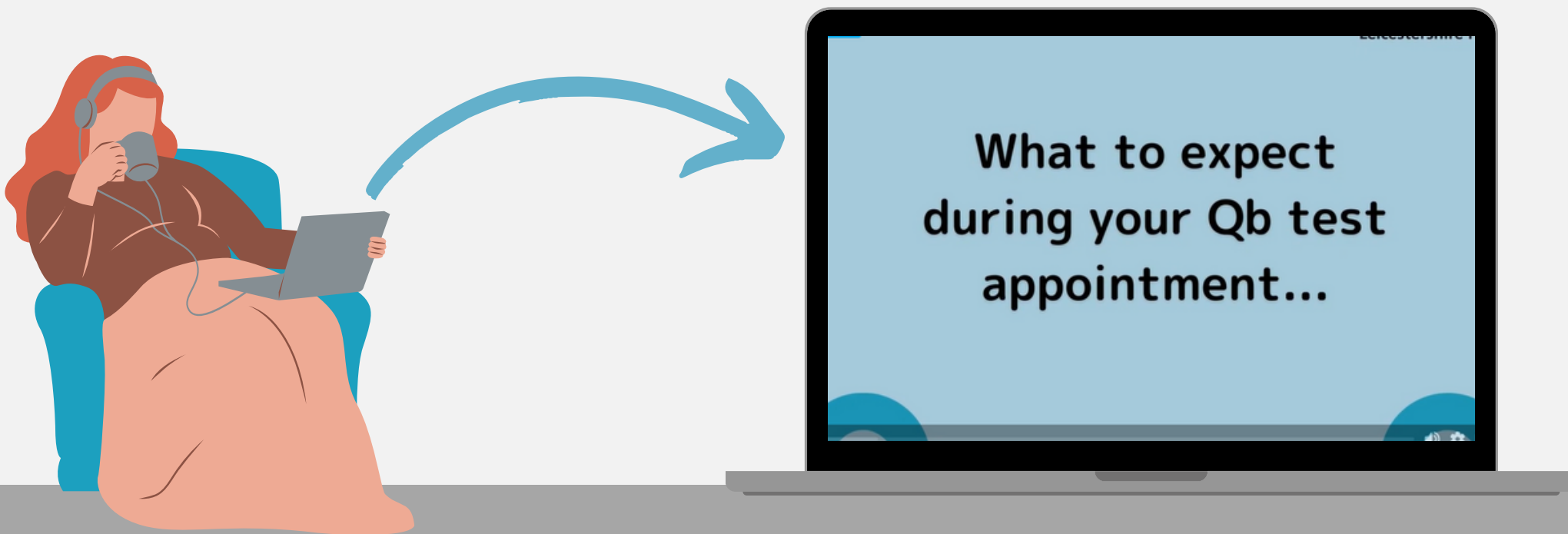
The clinicians involved in the assessment might also speak to other people, like school or a professional who knows you well, to help them get a really good picture of your strengths and difficulties.

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.



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

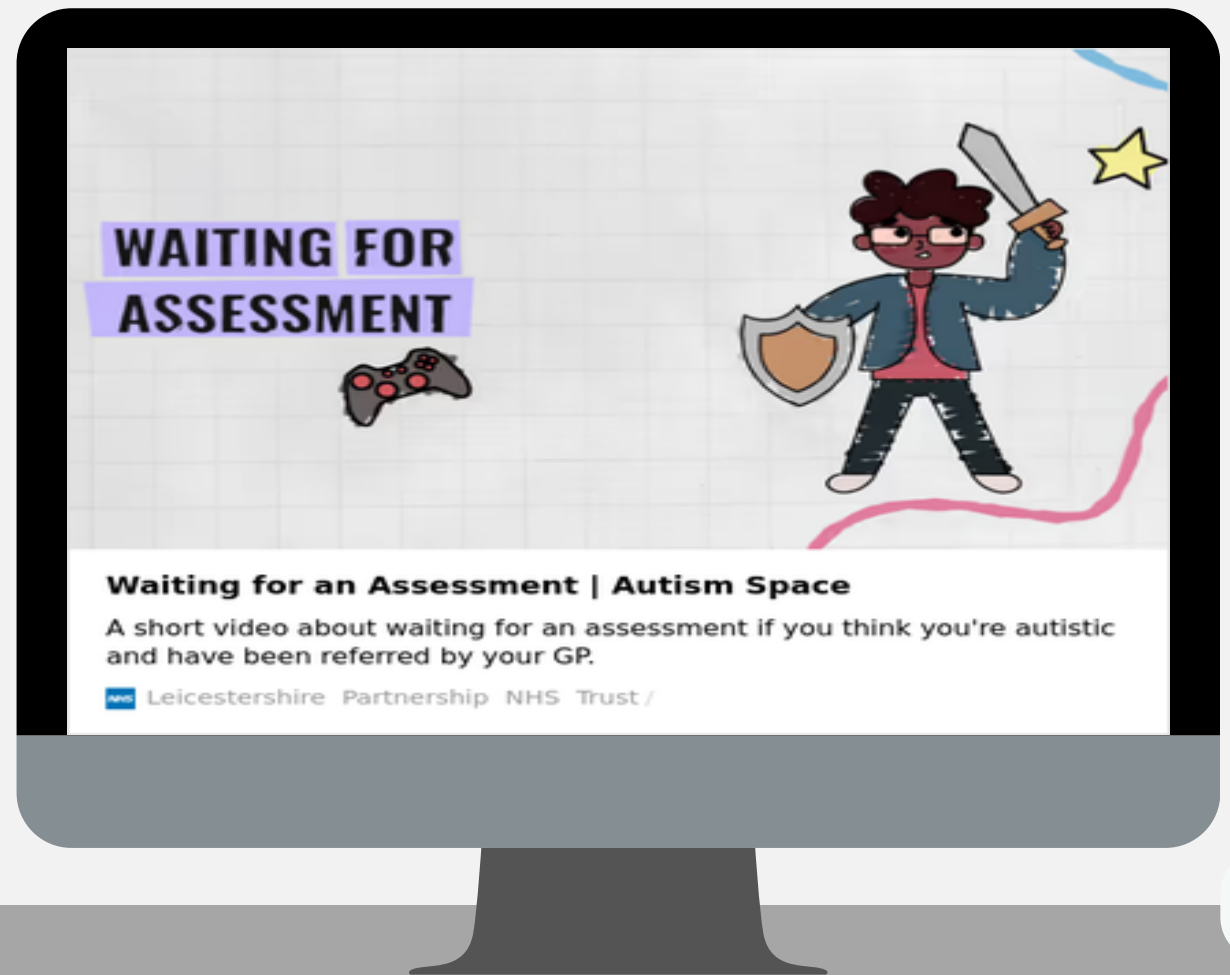
If you're currently awaiting an assessment and autism has been mentioned, it may be helpful to watch our short but informative video.

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

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



When you visit CAMHS, 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. Please keep in mind that they are not paediatricians.



When will I hear from CAMHS?

While you are waiting for an assessment, staff at CAMHS will be organising the next steps of your assessment. You will:

- be allocated a Lead Professional. This is a clinician who works for CAMHS who will be your main contact for you and your family. You will be told who your Lead Professional is.

Or

- be contacted by the Duty Team. This team is made up of several experienced mental health clinicians who will check in with you while you wait. They will check in with you at least every 6 months but possibly more regularly. [Click here](#) to learn more about the Duty System within CAMHS.



DID YOU KNOW?

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

Where can I look for support whilst I 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](#).



[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.



[ADHD Solutions](#) is a Leicester based charity that can support you if you have ADHD or are waiting for an assessment.

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](#).



[Joy](#) lists a lot of really helpful local services and you can search using your post code for things near to you or filter to look for exactly what you need such as arts clubs, sports groups, support networks and more.



Leicestershire Partnership NHS Trust has partnered with the [Solihull Approach](#) to offer free access to expertly designed online courses, including 'Moving up to secondary school for children with additional needs', 'Understanding your relationships' and more. [Click here](#) to see the range of courses. Please use the access code 'CURVE'.

National generic support



The [NHS website](#) has lots of information about lots of conditions including [autism](#) and [ADHD](#).



[The Mix](#) offers online counselling and has a crisis messenger for young people under the age of 25. You can contact them via their online community, on social media, through a free, confidential helpline (0808 808 4994) or their counselling service.



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.



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



[Young minds](#) is a mental health charity for younger people. You can also text YM to 85258.

Urgent support



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
Text: 0778 620 9697
Email: pat@papyrus-uk.org



If you, or someone you care about, need urgent advice or support for your mental health, you can call our [Mental Health Central Access Point](#) on 0808 800 3302, 24 hours a day, seven days a week free of charge and in confidence.

What do I do if I start to feel like I'm getting worse?

If you are concerned and require urgent mental health support:

- If you need to speak to a mental health practitioner urgently, you can call the Central Access Point (CAP) listed above on 0808 8003302 who have a 24-hour support line
- Call 111 (24 hours, 7 days a week)
- Call your GP

