

While you are waiting for your Neurodevelopmental (ND) Assessment

Information for young people receiving care from Leicestershire Partnership NHS Trust.

**HEALTH**_{FOR}**TEENS****Health**
for **Kids!**

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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](#), [dyspraxia](#), [Obsessive-Compulsive Disorder](#) (sometimes referred to as OCD), [Tourette's Syndrome](#) and [Tics](#). [Click here](#) to learn more about Neurodiversity.

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?

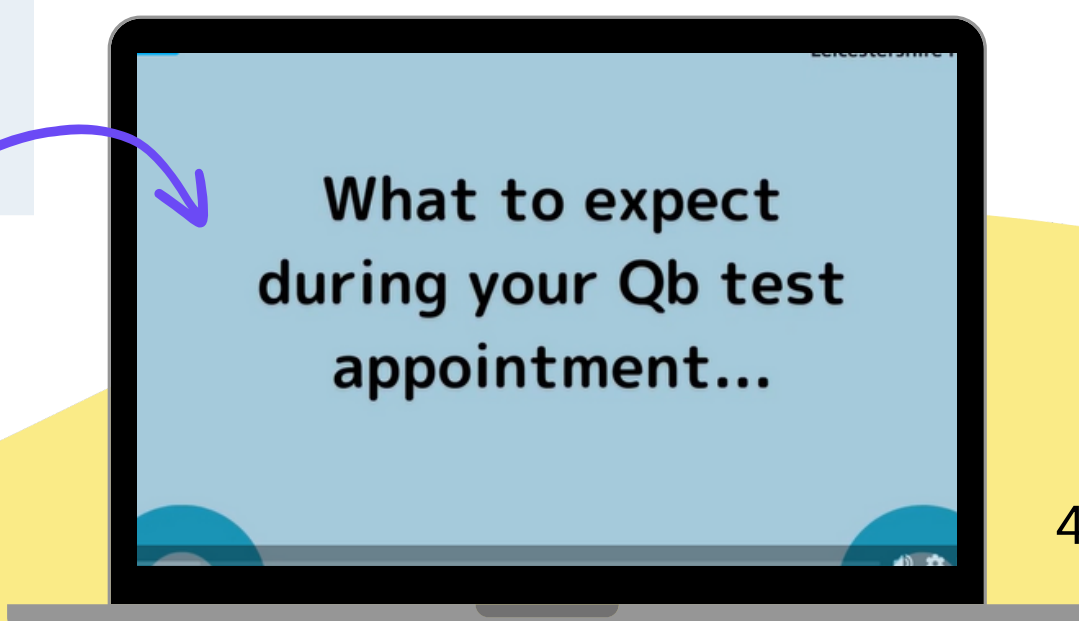
If you have been referred for an ADHD assessment, you will also be asked to complete a 'Qb' test (although it doesn't feel like a test, more like a game). This is an activity completed on a computer in one of our rooms. It helps us to compare your levels of attention, impulsivity and activity to other 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)?

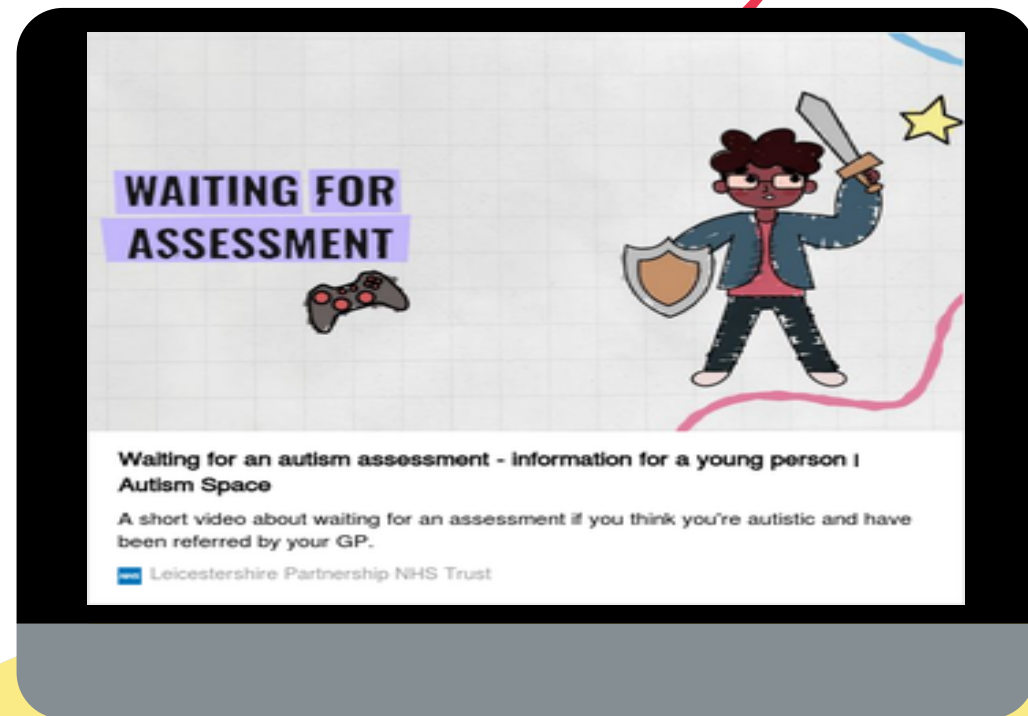
If you're currently awaiting an assessment and autism has been mentioned, it may be helpful to watch our short but informative video.

[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 you have been referred you to our service, we will contact you. We want to provide you with the help and support you need as soon as we can. Whilst you are waiting for your ND assessment appointment, there are things you can do to support your health and wellbeing.

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



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:

You can click the blue highlighted and underlined text to launch more information.

Resources created by us



bit.ly/NDLeicester

Welcome to our Neurodiversity Hub - A space dedicated to sharing insights and resources on ADHD, Autism, Tourette's, tics, OCD, and more. Everything you'll find here has been created by the incredible staff who work directly in our services, bringing real experience and understanding to every post.



www.leicspart.nhs.uk/while-you-wait/

Support between appointments, all in one place - This space is packed with helpful information on ADHD, mental wellbeing, and Child and Adolescent Mental Health Services (CAMHS). It's here to guide you, support you, and help you feel connected in between your appointments.



<https://bit.ly/CAMHSLeicester>

Created by Child and Adolescent Mental Health Services (CAMHS) for young people - This space brings together helpful information about CAMHS, along with resources made by the CAMHS team specifically for young people. It's here to support, guide, and empower you whenever you need it.

National neurodiversity specific support



ADHD UK is a charity run for people with ADHD by people with ADHD.

<https://adhduk.co.uk>



The ADHD Foundation is a charity working with young people with ADHD and families. They even have a '**Teenagers Guide to ADHD**'!

www.adhdfoundation.org.uk



ADHD Kids 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**.

<http://adhdkids.org.uk>



The **National Autistic Society** does a lot to support autistic people. They also have an online community and a helpful **advice and guidance page**.

www.autism.org.uk



Ambitious about Autism is a useful website for autistic children and young people, their parents and carers.

www.ambitiousaboutautism.org.uk



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

www.kids.org.uk

Local neurodiversity support



Autism East Midlands has support hubs based in Leicestershire providing help and support to autistic people.

www.autismeastmidlands.org.uk



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.

www.leicspart.nhs.uk/autism-space/



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
www.chathealth.nhs.uk/start-a-chat/h/chatautism/

Local generic support

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>

 **Mind**
Leicester,
Leicestershire
and Rutland

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**.
www.mind.org.uk



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

National generic support

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



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



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



The **Samaritans** are there 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

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

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