

# Moving from the Children and Adolescent mental health service to the Leeds Adult ADHD service

Your CAMHS transition worker will talk you through the process of moving from CAMHS to us and answer any questions you want to ask. Here's a quick explanation of what you can expect from us.

You will be invited to come and meet us. Your CAMHS transition worker will also be present at your appointment and you can bring your family or carer.

After this meeting, we'll ask you to come back so we can plan with you. Depending on your needs, we offer:

- **Support with ADHD Medications**
- **One to one psychological support if you need it**
- **Group work where you can learn more about ADHD, share your experiences and practice your organisational skills**

If you're feeling stable, we'll review your support plan yearly. We need to see you every year because your doctor can't prescribe your ADHD medication without an annual review.

Please come and talk to us if you feel your support plan isn't working for you. We will talk to you about how you're feeling and how we could alter your support plan to meet your needs.

We're at work Monday to Friday from 9am – 5pm. We will always try to help you and answer any question you want to ask you can contact us on:

 **0113 8559341**

 **ADHD.LYPFT@nhs.net**

## Find us at

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