

The GP Conversation Kit

Ten minutes goes fast. Bring this page.

Your opening line (pick one, say it early)

- “I’ve been struggling with focus and organisation for as long as I can remember, and I’d like to look into whether it’s ADHD.”
- “I did a structured screening using the same questionnaires clinics use; here are the results, and I’d like your advice on a referral.”
- “This has been affecting my work and my relationships, and I want to take it seriously.”

What to bring

- A screening report, or your own written summary of the pattern.
- Two or three concrete recent examples: the missed deadline, the abandoned course, the unopened bills.
- Childhood evidence: a parent’s memories, old school reports. Guide: adhdmind.ie/childhood-evidence
- A note of anything else in the picture: sleep, stress, mood, big life changes.

Practical moves

- Book a double appointment if your practice offers them.
- Ask for the HSE referral even if you plan to go private; the queue costs nothing.
- If you feel dismissed: “I’d like this noted, and I’d like the referral anyway.” Seeing a different GP is always your right.

Questions for any private clinic

- Total cost, including the report and any follow-up?
- Who assesses, and are they a consultant psychiatrist or supervised by one?
- Current waiting time?

- Can prescribing be shared with my GP afterwards?
- Is the assessment recognised by the HSE and other services?

This kit is information, not medical advice. Only a qualified clinician can diagnose ADHD. From ADHD Mind (adhdmind.ie): the structured screening built in Ireland, free to take.