

19 January 2026

Adult ADHD Referrals

Under the Freedom of Information Act 2000, I am requesting the following information regarding adult ADHD referrals.

The total number of referrals received from primary care (GP practices) to secondary care services within your Trust locality for assessment for ADHD, suspected ADHD in each of the last three full financial years: 2022/23, 2023/24 and 2024/25

The information provided by primary care referral agents will not always be explicit concerning ADHD assessment. Therefore, given these data limitations, Belfast Trust is unable to provide accurate numbers for ADHD referrals from primary care.

If available, please provide a breakdown of:

- **The number of referrals accepted**

As above, the Trust is unable to provide accurate numbers for ADHD referrals from primary care.

- **The number of referrals rejected or redirected**

As above, the Trust is unable to provide accurate numbers for ADHD referrals from primary care.

- **Any recorded waiting time data (even if estimated) from referral to first appointment / triage**

Unfortunately, the current waiting times for ADHD assessment are significant and not what we would aspire to for our services. At present, the current waiting time for ADHD assessment exceeds 8 years.

ADHD provision is undergoing an internal review and waiting list validation exercise.

- **What generally do these referrals come in described as on the electronic system**

Referrals are received via CCG requesting ADHD assessment or referencing ADHD as part of a clinical picture (CCG is the electronic platform that GPs use to make referrals).

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- **In terms of referral data, if there is only waiting list data from referrals generated on CCG and these are only tracked if there is a referral accepted, is there a record of how many declined referrals are being made?**

Information on declined referrals available from April 2025 only

The number rejected from April 2025 to December 2025 was 48