What is ADHD?

ADHD describes the behaviours displayed by some adults who are extremely restless, energetic, impatient and easily distracted. Short attention spans make it difficult for those with ADHD to concentrate properly on work or life at home. Adults with ADHD will find it difficult to manage time and struggle sleeping, which can have a negative impact on everyday life.

While the exact cause of ADHD is unknown, research has suggested that people with ADHD have differences in the parts of their brain which deal with impulse and focus. There is also strong evidence to suggest that there may be a genetic element. Other evidence suggests that symptoms can be due to poor diet. ADHD can be highly disabling and it can prevent capable people from achieving their potential at work, in social situations, relationships or as a parent, and

What are the symptoms of ADHD?

ADHD can have a big impact on various aspects of an individual’s life. Common problems include difficulty staying in the workforce and negative impacts on personal relationships.

Other symptoms include:

- Easily distracted causing frequent mistakes
- Excessive talking
- Struggling to hold attention
- Tendency to interrupt
- Difficulty listening
- Losing things
- Restlessness
- Forgetfulness
- Disorganisation
86% of patients undergoing therapy saw a reduction in their levels of anxiety

85% of patients undergoing therapy saw a reduction in their levels of depression

100% of patients were satisfied with the overall quality of care received

98% of patients would recommend us to a friend

How can Priory help?

Priory works with worldwide leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.

Using the latest evidence-based practices, our experts offer bespoke therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation both in terms of the specialist team and treatment the delivered.

Priory’s outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around work time, which may include evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals allowing for a wider support network and movement into inpatient or day care if required.

Outpatient therapy packages

Priory offers an outpatient package for adult ADHD which is only available across our nationwide network of wellbeing centres. This includes four x 1:1 therapy sessions – the number recommended under national guidelines.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies – check your policy to see what cover is available to you.

Get in touch

The treatment offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

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Email: info@priorygroup.com
Visit: priorygroup.com