

I am emailing in response to the BBC News article on ADHD diagnosis wait times and the financial burden of treatment.

The article unfortunately reflects my own experience. I recently received an ADHD diagnosis, but only after waiting over two years on the public waitlist with no updates. The constant struggle and frustration with my undiagnosed symptoms ultimately led me to pay for private testing, which was a significant financial strain.

Furthermore, the fact that ADHD medication requires out-of-pocket payments is frankly disgusting. Especially during these difficult economic times, many people struggle to afford basic necessities like food and heating. Having to choose between medication and basic needs creates a tremendous amount of stress.

This situation also perpetuates negative stereotypes about ADHD and the neurodivergent community. When people face huge waits and financial barriers to getting the support they need, it sends a message that the government doesn't believe the well-being of neurodiverse individuals to be a priority.

I urge you to act by reviewing personnel resources, policies and procedures to allow for shorter wait times and readily accessible, financially covered treatments for ADHD. This would make a significant difference in the lives of countless individuals struggling with the condition.

Thank you for your time and consideration.

Sincerely,

Chloe Wallser