



Inhale & Breathe

ADHD ASSESSMENTS

IF YOU'VE BEEN WONDERING FOR A WHILE YOU'RE NOT ALONE



www.inhaleandbreathe.com



info@inhaleandbreathe.com



07834-532103

Clear process. No surprises. Full support.

Why Choose Us?

"A neuro affirming approach you won't need to mask or explain yourself"

Our Approach	Why
You'll Feel Understood	We take time to listen to your experiences without judgement or rushing
Clear, Structured Process	You'll always know what's happening next, from start to finish
Experienced Specialists	Assessments led by qualified clinicians with extensive ADHD expertise
Support Beyond Diagnosis	We help you understand your results and guide your next steps
Affirming Approach	Neuro queer affirming approach, you won't need to explain yourself

"Start your assessment within weeks not months"

Why Choose Us?



Our Team

Experienced, thoughtful, and here to support you

Founder, Lead Therapist and ADHD Assessor

- 10+ years' experience supporting young people and adults
- Specialist in counselling and lived experience of neurodiversity
- Creates a calm, understanding space for every client
- Specialist areas include, ADHD, ASD, LGBTQI+, trauma, mood, identity, self harm, eating disorders.

Clinical Psychologist

- 15+ years' experience across clinical and educational settings
- Extensive experience in neurodiversity and working with young people
- Brings depth, clarity, and clinical expertise to every assessment

Supported by a wider multidisciplinary team including:

- Specialist in understanding neurodivergent behaviour, in young people and adults
- Speech and Language Specialist
- Medication & Titration Team, Independent Pharmacy Team
- ADHD Coaching

You'll be supported by experienced professionals who take the time to understand you properly



What You'll Get

Approach	What's Included
Discovery Call	✓
Pre Screening & QB Test	✓
Clinical Interview & Report	✓
Report Feedback Session	✓
Follow on support & Medication option	✓
Total Cost	£900

Our Approach

Clear, calm, and evidence based without feeling clinical

We Listen

We take time to understand your experiences fully without judgement or rushing

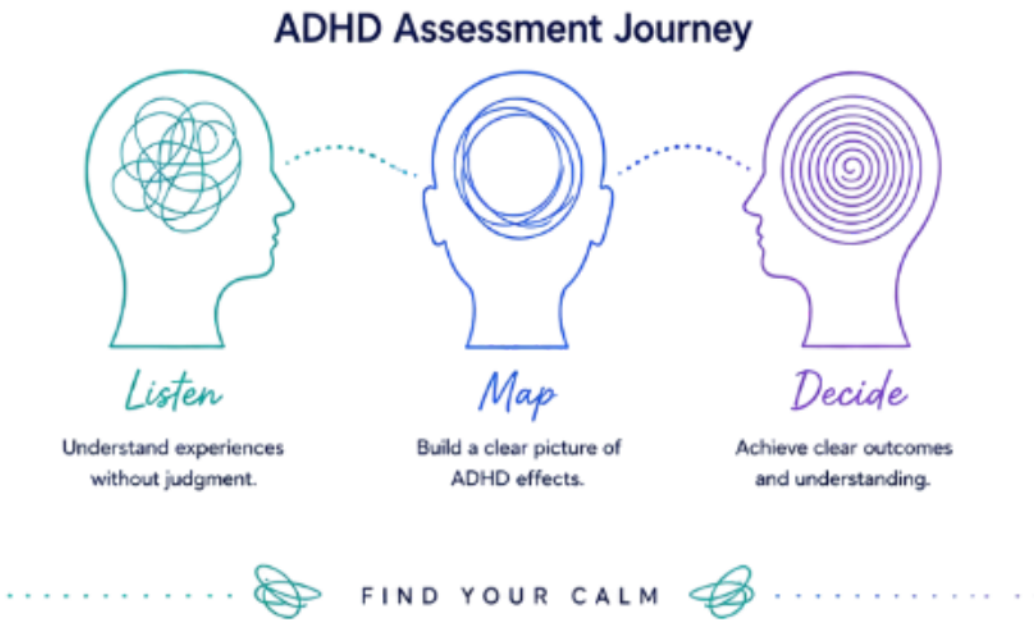
We Map

We use structured, evidence-based tools to build a clear picture of how ADHD may be affecting you

We Decide

You leave with clear, well-explained outcomes and a better understanding of yourself

We make the process simple, supportive, and easy to follow



Clear next steps, with support if you need it

You'll leave with clarity, understanding, and a clear path forward

Understanding Your Results

- We talk you through your results in a clear, supportive way
- You'll have time to ask questions and reflect
- You'll receive a detailed report you can use for work, study, or further support

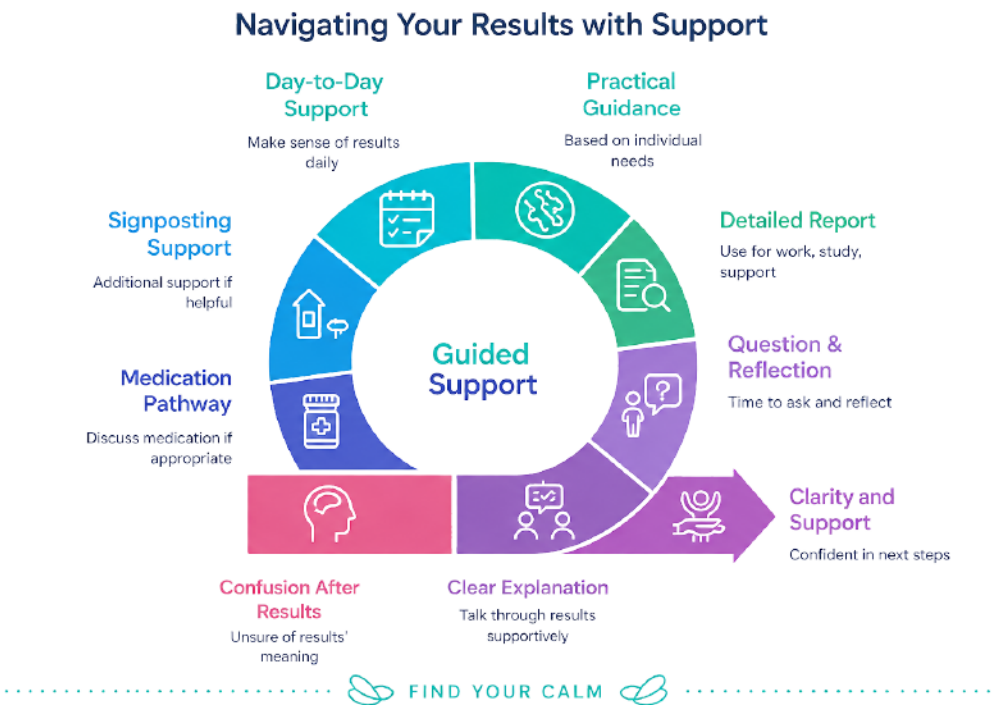
Your Next Steps

- Practical guidance based on your individual needs
- Support in making sense of what this means for you day-to-day
- Signposting to additional support if helpful

Medication Pathway (Optional)

- If appropriate, we can discuss whether medication may help
- We can refer you to a trusted prescribing specialist
- You decide what feels right for you—there's no pressure

You won't be left figuring things out on your own



Book Your Assessment Today

A simple, guided process from booking to clarity

Book Your Appointment

[Email](#) OR [call](#) OR Scan the QR code below

Complete Your Forms

We'll send you a short set of forms to get started

Begin Your Assessment

Attend your sessions and we'll guide you through each step

Receive Your Results

Get clear answers, your report, and next steps

Not sure yet?

Get in touch, we're happy to answer any questions



Book Today.



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