



While you wait: a pre-diagnosis resource

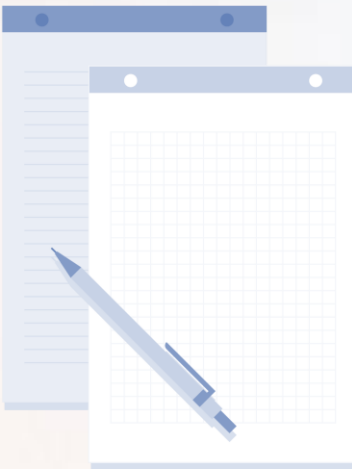
If you're just starting the process of seeking help or diagnosis, whether it be for ADHD, Autism, any other neurodivergent condition or a mental health diagnosis, the wait can be long and hard. It can feel like we are stuck in limbo with very little control. This resource will hopefully help to regain some sense of what *is* within your control. It gives you an idea about some of the things you can do while you wait for a referral or assessment to take place.

1

Prepare for appointments. If you are waiting for an appointment to see the GP or for an assessment, find out what questions you might be asked so that you can be prepared. It is useful to be able to give as much information, as clearly as possible, about what you are experiencing.

It might be helpful to jot down some notes. There are also tests you can find online for specific conditions. You can print out a copy of your results to take to your appointment.

It might also be useful to track your recent moods/thoughts/behaviours to give a clear example of what you are experiencing. There are many different types of trackers that can be found online and apps that you can download too.



Some links that might be useful:

[What might happen when you talk to a GP? - Mind](#)

[Online Tests for Mental Health Self-Assessment \(clinical-partners.co.uk\)](#)

[Mental Health Tests - Free Results Online | Mind Diagnostics \(mind-diagnostics.org\)](#)

[Best Mood Tracker Apps of 2023 \(verywellmind.com\)](#)

[Getting an ADHD Assessment - ADHD Aware](#)

[Anxiety - Self-Monitoring Record \(psychologytools.com\)](#)

[Pre-diagnosis \(autism.org.uk\)](#)

[Bipolar UK Mood Scale](#)

2

Do your own research There are plenty of books, websites, videos, and social media about mental health and neurodiversity. Make the most of them. Some places to start might be:

[Mind.org.uk](https://www.mind.org.uk)

[Verywell Mind.com](https://www.verywellmind.com)

[autism.org.uk](https://www.autism.org.uk)

[additudemag.com](https://www.additudemag.com)

[Mental Health Books on Wellbeing \(positivepsychology.com\)](https://www.mentalhealthbooks.com)

3

Practice self-care. What are some basic things you can try to do for yourself each day for your own wellbeing? Think about the things we all need to be healthy.

- Can you eat better; have more fruit and vegetables; drink more water; cook meals from scratch?
- Can you try to get 7 hours of sleep each night; develop a better bedtime routine; get up at the same time each day?
- Can you get more exercise; walk more; try yoga or a sport?
- Can you try to meditate or practice mindfulness?
- Can you try to talk to friends and family; read a good book; relax in a nice bath; get out into nature?



Be kind to yourself. If even the small things seem overwhelming aim to do just one thing each day that might make you feel a bit better. Remember to congratulate yourself for every win.

4

Ask for help. This might seem really difficult but we all need help from time to time. We don't want to burden other people but most of the time people do want to help if they can. We can't expect others to be available 24/7 or do the job of a professional but we can ask for reasonable amounts of support from family and friends.

Little things can make a world of difference; a coffee and a chat with a friend, someone who is able to pick some bits up from the shop if we're struggling to get out, someone who is able to remind us of important appointments, a reminder of how well we're doing...

It's also important to keep in mind who you ask for help and support. Some people might not be able to give it for various reasons and that's okay. Some people might be better at listening while others are better with more practical things. If possible, try to be clear and specific about what it is you're asking for...

What do I need help with?	Who can I ask?	How will I ask them?
e.g. I need help planning my meals on a budget	I'll ask Sally because she's a really good cook and she's good with money	I'll text her to see when she is free to talk on the phone because I know how busy she is – when I speak to her I'll ask if she has any free time to come over and teach me to meal plan.

5



Manage expectations. It's important to remember...

Things take time. Even once you start getting the right support it might take a while for things to change. It might be hard at first trying new and different things. Over time, hopefully you will get into good routines and things won't seem so difficult anymore.

Everybody is different — what works for me might not work for you. You might have to try many different things before you find the best combination of tools and support for you.

You can only do so much. Try not to get frustrated with yourself when you're finding things difficult. Do what you can and give yourself the praise you deserve! All those small steps in the right direction will eventually put you onto the right path...

Medical Disclaimer

This resource is for general informational purposes only. The content is not a substitute for professional medical advice or treatment. If you are experiencing a mental health emergency, please contact professional services immediately. If you are in the UK the following website might be of assistance

[Where to get urgent help for mental health - NHS \(www.nhs.uk\)](https://www.nhs.uk)