WHY PSYCHOLOGY FOR ADHD?

Understanding why your psychiatrist has referred you to see a psychologist

This referral isn't a sign that something is wrong — it's a normal, recommended part of good ADHD care. Your psychiatrist manages your diagnosis and medication. A psychologist works alongside them, helping with the day-to-day parts of living with ADHD that medication alone doesn't cover. Think of it as adding a second member to your care team, not starting over with someone new.

Understanding Your ADHD

- Learn what's actually happening in the brain and why certain things feel harder
- Get clear, practical answers to your questions — and your family's
- Feel less alone: ADHD is common, and there are proven ways to manage it

Building Skills That Last

- Practical strategies for organisation, time management, and staying on task
- Tools you keep using long after appointments end — medication doesn't teach these
- Turn symptom control into real progress at school, work, or home

Getting Your Medication Right

- Your psychologist checks in on how you're really doing between reviews
- That feedback goes back to your psychiatrist to help fine-tune your treatment
- Side effects or things not working well get noticed and addressed sooner

Support for Anything Else Going On

- Anxiety, low mood, sleep issues, and learning difficulties often go hand-in-hand with ADHD
- Your psychologist can identify these and help make sense of the full picture
- You get proven talking therapies alongside your medical treatment, not instead of it

You're not being passed on

You'll keep seeing your psychiatrist for diagnosis and medication as usual. Your psychologist and psychiatrist work as one team, sharing information (with your consent) so your care stays joined up.

Ready to book?

Speak to reception at any of our three clinics, or call 03 5906 5400/ email hello@optimind.com.au. We'll match you with a psychologist and get you booked in within 5 business days.

Questions in the meantime? Ask your psychiatrist or our reception team.