NHS
Providing NHS services

You Might Be The First to Notice.

Teachers often see the signs of ADHD and autism before anyone else. Here is what to look out for, and how to help a family take the next step.



What you might notice

- Finds it hard to settle, wait their turn or stay on task
- Struggles with changes to routine or moving between activities
- Has intense, focused interests
- Finds friendships or group work hard to navigate
- Seems overwhelmed by noise, light or busy spaces
- Copes at school, then struggles once they get home

This isn't a checklist for diagnosis. Every child is different, and these are simply good reasons to start a conversation.

How can you help?

1 **Share what you see**
Talk to your SENCO and note specific examples from lessons, breaktimes and transitions.

2 **Talk with the family**
Share your observations with parents or carers, calmly and without labels.

3 **Point them to their GP**
Under NHS Right to Choose, families can ask their GP to refer their child to Paloma Health.

GOOD TO KNOW

For ADHD and autism, local waiting lists can be several years long. Right to Choose lets families pick a provider with a shorter wait, without leaving the NHS and without paying. Their assessment, report and any diagnosis are all part of their NHS care.

FREE ON THE NHS · AUTISM ASSESSMENTS IN AROUND 2 WEEKS

Support for School Staff Available

Free webinars, practical resources and a ready-to-use GP letter, so you can help the pupils in your care get an autism assessment sooner.

Service provided by: Paloma Health