



## Berkshire Healthcare Children, Young People and Families services

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October 2023

Dear Parent/Carer

Your child is currently awaiting a medication appointment to either start ADHD medication or discuss whether this is a suitable treatment for your child. We are contacting you due to the significant ADHD medication shortages as we understand this might be a difficult time. Unfortunately neither your child's GP nor your child's ADHD clinician can do anything to help with supply issues but we want to provide you with as much information as we can to try to help you during this time.

### What is happening with ADHD medication shortages?

We have been alerted by NHS England to a significant shortage in a range of ADHD medication which affects different types and different doses. At present the supply issues are expected to resolve at various dates over the coming months (depending on the type and dosage of medication).

### What does this mean for my child?

Unfortunately during this time of severe shortages of ADHD medication the national guidance says that we should not start anyone on new ADHD medication. Once we have been advised we can start new medication again, we will make arrangements to discuss or start medication as soon as we can.

### Some strategies that may help your child

1. Frequent movement break: Movement can help the brain to focus and reset. It may help to provide extra fidget toys or schedule extra breaks throughout the day.
2. Schedule time for calming activities: ADHD can make it tricky to switch off. Schedule time into the day for calming activities like art, going for a walk, playing football, etc
3. Try to stick to a routine: This can be hard for children and young people with ADHD, but it helps the brain to know what's happening. This includes getting enough sleep.

ADHD can make it harder to regulate emotions, so encourage your child to talk if they are struggling.

Keep in touch with your child's school so they are aware and can look at the support they can provide in school (we will also be writing to all schools as well).

