

Michelle Beckett

My ADHD journey

What we can learn

UK population over 16 years of age: 52,715,000

% of adult population with ADHD: 2.5%¹

No. of over 16s with ADHD: ~1,317,875

What % of adults are formally diagnosed with ADHD?

Of the estimated 1.2 million undiagnosed adults, at least one in three will be receiving medication, counselling or therapy for a mental or emotional problem.²

This is compared to one in 10 of the general population.

Most of these adults will be completely unaware they have ADHD.

I WAS ONE OF THEM...

¹ Simon V, Czobor P, Balint S, Meszaros A, Bitter I: Prevalence and correlates of adult attention-deficit hyperactivity disorder: meta-analysis. Br J Psychiatry 2009, 194(3):204-211.

² <https://digital.nhs.uk/catalogue/PUB21748>



28th December, 2016





Drowning every day



MY MENTAL HEALTH TIMELINE

2002 -2010

Multiple GP visits:
depressive disorder, referred to counselling or SSRIs

2013 - 2017

Family CAMHS and individual sessions:
Why do feel the need for a label?

MAY 2014

2nd Crisis event:
'Bipolar spectrum' diagnosed

DEC 2016

3rd Crisis event: 'Crisis Psych suggests Adult ADHD, Community Psych refuses referral

1993 - 1995

University GPs and counselling services:
anxiety

APRIL 2013

Neuroscientist suggests ADHD from EEG brain wave patterns

SEPT 2013

1st crisis event and Ward stay,
You don't look like you have ADHD"

2014-2015

NHS Psychologist every 3 weeks, to work on self-esteem

MARCH 2017

Private psychiatrist diagnosis, life transformed

18 GP visits for MH 2002-2017

£

24 years to diagnosis from first visit

3 crisis events, 1 MH ward stay

£

5 NHS Psychiatrists

£

CAMHS, Psychologists, CMHT nurses

£

DO I HAVE ADHD?

NO

17 GPs

YES

1 Neuro-
scientist

NO

4 NHS
Psychiatrists

NO

Several
CAMHS
Clinicians

NO

Several
RMNs

MAYBE

1 GP

MAYBE

1 NHS
Psychiatrist

YES

1 Private
Psychiatrist

Checklist

- Frequent overwhelm, need to ‘escape’ my life/inside my head
- Cried easily, mood swings
- Poor impulsive decisions - broken ‘Idiotometer’
- Unable to switch off, poor sleep, brain fog
- A ‘motorway’ of thoughts and ideas
- Poor self esteem, self –blame
- Guilt at disorganisation, inability to live up to my potential
- Chaotic, messy, disorganised
- No filter, blurter, *“Why did I say that?”*
- Distracted, mostly unfocussed, zoned out a lot
- Could ‘zone in’ when intensely interested
- Easily excited, easily saddened
- Picked at scalp until it bled for relief
- Restless, interrupted people frequently, impatient

Life-changing diagnosis and treatment

- Guilt and self-loathing lessened immediately on diagnosis
- Relief – whole life made sense
- Understanding of hereditability – forgiving my own mother, less self-blame for my daughter's struggles
- Strategies to manage my condition, now I knew I had it, fully understood it
- My partner understood and our relationship improved
- Serenity, peace...”Radio 1 Techno to Classic FM”
- Less tired, very few days when I am completely incapacitated and foggy
- Less overwhelm, less anxiety
- More productive, more patient, better organised, less chaotic
- Still me, but a better version

**What my GP said to me after
the diagnosis...**

Tuesday Westminster Hall Debates



Westminster Hall debates for Tuesday 15 May 2018 have been confirmed by the Speaker's Office.

Morning schedule

9.30am - 11.00am - Raising standards of infection prevention and control in the NHS

To be moved by Jim Shannon, MP for Strangford.

11.00am - 11.30am - Administration of justice in respect of Daniel Cresswell

To be moved by Crispin Blunt, MP for Reigate

Afternoon schedule

2.30pm - 4pm - Public legal education

To be moved by Mr Ranil Jayawardena, MP for North East Hampshire

4pm - 4.30pm - Diagnosis and treatment of ADHD

To be moved by Jo Platt, MP for Leigh

Our Mission
Now is the time for change.
We need to build a future where every individual or family affected by ADHD is never misunderstood or unsupported.
ADHD Action was founded after experiencing the impact that lack of awareness and patchy or no provision can have on individuals and families.
Let's work together for the sake of others, to suffer as we have.

RORY BREMNER IN OUR ADHD ACTION CAMPAIGN
...beyond time that was more widely understood. If we can do this, we can relieve the burden of families looking for support and give us a huge wave of energy, energetic talent and leadership. It's that big."
- Rory Bremner
...is now and sign the government petition at adhdaction.org

Introduce an Act of Parliament supporting ADHD adults and children (ADHD Act)
The charity ADHD Action calls upon the UK Government to pass an Act of Parliament that will broadly:
1) Place a duty on the Government to produce a broad strategy for ADHD adults and children which is kept under regular review.
2) A duty to produce statutory guidance to ensure implementation.
▶ More details
Sign this petition

9,208 signatures
Show on a map 10,000

ADDITUDE

GUEST BLOGS
"The Day I Almost Died — But Instead Found Hope"
BY MICHELLE BECKETT
In late December last year, in an incredibly raw state of overwhelm I

Campaigner launches ADHD charity and parliament petition

ADHD Action
Empowering and building awareness of people with ADHD

UK Brains — what you can do now to improve ADHD treatment!
How to ADHD 7,226 views
SUBSCRIBE 132K
Published on 4 Nov 2017 UK Brains — this episode is just for you! I hear from so many of you who are frustrated with how long it takes to get an ADHD diagnosis in the UK and how misunderstood it is.



ADHDAction.org

@ADHDAction

@MichelleBeckett