Adult ADHD assessment, treatment and support

A thoughtful, person-centred service

Baskind Health sees people from Leeds and across the UK, providing specialist private adult ADHD assessment, medication treatment, annual review and ongoing care. Our clinical work is delivered by appropriately qualified clinicians within the service. We aim to understand the whole person, including strengths, difficulties, history and context, rather than relying on a checklist alone.

Our team

Carol Shue **ADHD Nurse Prescriber**	Carol is an experienced independent ADHD clinician. She worked alongside Dr Rob Baskind in establishing the NHS Adult ADHD Service in Leeds in 2011 and remained there until 2019. Through Baskind Health, Carol provides ADHD assessments, medication management, annual reviews and ongoing treatment support. She maintains regular external clinical supervision.
Dr Rob Baskind **Founder and CEO**	Rob founded Baskind Health. He is not currently providing medical practice and is focusing on the development of Baskind Health and his Positive Psychology and Depth Coaching work with professionals and adults with ADHD.

How to enquire

Complete our short, secure enquiry questionnaire. This gives the clinical team the information needed to consider your request and advise on the most appropriate next step.

Start here

Complete the Baskind Health enquiry questionnaire

If the link does not open, visit www.baskindhealth.com and choose Get in touch.

ADHD assessment

Full ADHD assessment - £1,200

Assessments take up to 3 hours. Face-to-face assessment at The Tower Clinic in Leeds is preferred, but an online assessment is available when attending in person is not possible.

Questionnaires required before the assessment

1. Childhood informant questionnaire	Completed by a parent or, if this is not possible, another person who knew you during childhood.
2. Current informant questionnaire	Completed by someone who knows you well now and has known you for at least 6 months, such as a partner, close friend or family member.
3. Your self-report questionnaires	Completed by you. These include an adult ADHD questionnaire and questionnaires covering associated areas relevant to the assessment.

What the assessment involves

- A detailed clinical interview exploring current experiences, developmental history, functioning, strengths and difficulties.
- Consideration of other factors that may explain or contribute to the difficulties described.
- A personalised clinical report setting out diagnostic conclusions, formulation and recommendations.

Before the appointment

All required questionnaires and requested background information should be completed before the assessment so the clinician has the information needed for a thorough review.

After assessment

Where ADHD is diagnosed, the clinician will discuss suitable options. These may include non-medication approaches, coaching, medication, or a combination. Any prescribing decision is clinical and individual.

Fees and ongoing clinical care

Service	Fee	What it covers
Titration after diagnosis by Baskind Health	£750	Medication titration appointments for up to 6 months.
Diagnosis elsewhere: initial appointment and titration	£1,200	Initial appointment and titration appointments for up to 6 months.
Transfer of established care	£450	Initial appointment to consider taking over ongoing ADHD care.
Follow-up or annual review	£175	Appointments outside a current titration package.

Payment and cancellations

Payment is made through a secure payment link before the appointment. Refunds are not available unless the appointment is cancelled at least 48 hours before the assessment.

Safe prescribing and physical health monitoring

- Before medication, and during treatment, patients need to monitor and provide blood pressure, heart rate and weight readings as required for safe prescribing.
- Prescriptions may be delayed or withheld if required monitoring information is not provided.
- Patients should check whether their GP will accept a private shared-care arrangement.
- Where shared care is unavailable, private prescriptions may be issued and additional charges may apply.
- Annual reviews are required for ongoing prescribing. Prescribing may be paused if an appropriate review has not taken place.

Ongoing support and coaching

Important service information

- Emails are usually answered within 1-2 working days.
- Online appointments must take place in a safe, private and distraction-free environment.
- Baskind Health does not provide an emergency or crisis service. For urgent help, contact your GP, NHS 111, local NHS mental health crisis services, or emergency services where appropriate.
- Clinical services are delivered by appropriately qualified and insured healthcare professionals working within their professional scope of practice.

Coaching with Dr Rob Baskind

Alongside Baskind Health, Rob offers Positive Psychology and Depth Coaching. His work supports professionals and adults with ADHD who want to understand recurring patterns, strengths, identity, masking, overwhelm, values, meaning and sustainable change. Coaching is available separately from clinical care and does not replace assessment, diagnosis, prescribing or medical treatment.

Explore coaching at www.robbaskindcoaching.com

Contact and further information

Baskind Health
The Tower Clinic
8 Tinshill Lane
Leeds LS16 7AP

Clinical enquiries
admin@baskindhealth.com
www.baskindhealth.com

Coaching
www.robbaskindcoaching.com

Please read the full Baskind Health Terms & Conditions and Complaints & Feedback Policy on the website. CQC registered and rated Good. Last updated November 2026.