



Midland  
Health



# Midland Health Adult ADHD Assessment

Live Happier, **Live Healthier**

# Welcome to Midland Health

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## Dr. Rupa Parmar

Medical Director and  
Private GP

Thanks for contacting Midland Health, our award-winning private GP clinic. We would be delighted to assist with your enquiry regarding our Adult ADHD Assessment Service.

We understand how difficult it can feel to get the right diagnosis from a company and specialist who really understands ADHD. That's why at Midland Health we are well positioned with our experts to guide you through this process and journey. We have very experienced private consultants who also work in the NHS and are here to help you.

- For more information on our ADHD Consultants, please visit our Meet the Team website [here](#).
- For more information on Adult ADHD Assessment, please see our website [here](#).



**NICE** National Institute for  
Health and Care Excellence





# The Process and Costs



The cost of an Adult ADHD Assessment with our consultants is £1,245. £995 is paid at the time the Assessment is booked.

## Where will my appointment be held?



This appointment can be conducted from the comfort of your own **home** with our psychiatrist online or alternatively from our **clinics**.

## What is encompassed in the appointment?

- 1 hour Assessment with our consultant.
- Assessment questionnaires and GP records to be provided.
- 30min Feedback Appointment to discuss findings and medication (if required)
- 1st Prescription if medication is recommended. \*Medication cost is not included.
- \*You will be required to complete your Assessment Questionnaires ahead of your report feedback appointment.



Please note you are required to arrange a feedback appointment to discuss the assessment report. The cost of the feedback appointment is £250.

**This additional fee ensures you receive personalised feedback and guidance based on the findings of your assessment.**



# The Process and Costs

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We will require your Assessment Questionnaires to be completed prior to your Report being published and made available to you at your feedback appointment.

There are 8 questionnaires which are completed by you, someone who knew you as a child and someone who knows you now. Your Questionnaires will be emailed to you upon booking your assessment.



## **FREE 10-MINUTE INTRODUCTORY CALL**

We offer **10min FREE calls** with one of our specialists where you can discuss any questions you have prior booking the assessment.

### **Book your FREE call NOW:**

<https://midlandhealth.co.uk/book/fba71d4dcbbbc89ca31717bef448846711d2606e/>

You will require follow up appointments if you chose to commence medication for treatment of ADHD. Follow up appointments are typically every 3-4 weeks. The fee for a 30 minute follow up appointment with your consultant is £225.

When you are stabilised on your medication, we can request a Shared Care Agreement (SCA) with your NHS GP. You will still require an annual review appointment (£225) with your consultant at Midland Health when your SCA has been initiated. Please note the initiation of an SCA is at the discretion of your NHS GP, we recommend discussing this with your NHS GP.

If your NHS GP declines your SCA, we can initiate this with our Private GPs at Midland Health.



# Elevating Mental Wellness for All



## Your Appointment

- These appointments can be arranged as face to face or video consultations. You can conveniently secure your assessment appointment by booking directly on our website or reaching out to our Customer Service team. Please note that the completion of all questionnaires is essential for the final report. Once you have finished all the required documentation, including the questionnaires and providing your GP Summary records, please inform our Neurodiversity Team. Be aware that we can just carry out an assessment if the patient is based and resident in the UK.



## Medication

Please note if you are initiated on medication for treatment of diagnosed ADHD your consultant will only issue prescriptions within their clinics at Midland Health. We do ask for 7 days' notice of an empty prescription so we can process your request and ensure you have your prescription within a timely manner. Prescription requests can take up to 7 working days to process.



## Cancellation

If you cancel your appointment within 24 hours of your appointment there is a £150 cancellation fee.

You will be contacted by our online pharmacy, Pharmazon, to arrange delivery to your home or to confirm collection from our Birmingham clinic—please let us know your preference.

## Further Information

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Please let us know if:

- You are currently facing substance misuse issues.
- You have a diagnosis of Bipolar Affective Disorder.
- You have been diagnosed with Schizophrenia.
- You have a Learning Disability.
- You have been diagnosed with Emotionally Unstable Personality Disorder.

If you have answered yes to any of the above questions, we may be unable to proceed with your assessment at Midland Health.

## Recent Review



“My ADHD assessment was with Dr Rostamipour, the whole process was relaxed and he time to explain the diagnosis and how it was impacting my life. The medication has literally changed my life. Hopefully the future is looking a lot more settled and enjoyable. Thank you.”



**Dr Hossein Rostamipour,**  
*Consultant Psychiatrist*

**Dr Rostamipour's main focus**, privately, and in NHS is assessing and treating people with **neurodiversity** and his special interest is in treatment of **complex ADHD** and a combination of **ADHD** with **Autism** or other **mental health disorders**. Dr Rostamipour has completed extra training in **Obstetrics and Gynaecology** and is an expert in assessment and diagnosis of **ADHD in woman**.

He successfully conducts assessments and treatment for ADHD on more than a **hundreds patients every year**, with his main aim being helping individuals to receive a **bespoke, safe, and optimised management plan**.



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**Dr Nirvana Kudlar,**  
*Consultant Psychiatrist*

**Dr. Kudlar** is a UK Psychiatrist specialising in **addiction, neuromodulation, and forensic psychiatry**. He earned his medical degree from the **University of Mysore** and trained at the **Oxford Deanery**. Registered with the **General Medical Council**, he manages various psychiatric conditions, including **ADHD** and **mood disorders**, advocating for a **holistic treatment approach** that combines lifestyle changes, **medication**, and **psychotherapy**.

Dr. Kudlar utilises online platforms for comprehensive health assessments, enabling patients to actively participate in developing personalised recovery strategies.



**Dr Alina Vaida,**  
*Consultant Psychiatrist*

Dr. Alina Vaida is a Consultant Psychiatrist with a double specialty in **Medical Psychotherapy** and **General Adult Psychiatry**. She has extensive experience in **psychodynamic, DBT, and CBT**, helping people determine whether they need **medication, psychotherapy**, or both, and which approach suits their needs.

Her expertise lies in working with individuals with enduring symptoms that require an in-depth understanding of early trauma and interpersonal patterns, rather than a single-line diagnosis.

In her NHS role, Dr. Vaida supervises psychiatrists in **psychotherapy** and works in a **liaison service**, treating a wide range of conditions, including **personality disorders, mood disorders, severe anxiety, and autism**.



**Dr David Ho ,**  
*Consultant Psychiatrist*

Dr Ho is an experienced Consultant Psychiatrist who has treated patients with **complex mental health conditions**. His special interests include **neurodivergent presentations** including **ADHD**. He has previously won **awards** for innovative health projects, and in his free time enjoys exploring the **countryside**.



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# How to Find Us

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## **Directions to the Edgbaston, Birmingham Clinic**

23a Highfield Road  
Edgbaston  
Birmingham  
B15 3DP

Our new Mental Health clinic is located in the heart of Edgbaston's medical quarter. The newly refurbished Georgian building boasts 6 clinical rooms as well as a reception and 2 large waiting areas

## **Parking**

Roadside parking is available along Highfield road on the doorstep of our clinic. This is free for up to two hours. There is also a pay and display car park to the right of our neighbouring building. Pay and display car parking in Edgbaston Village can be paid for by contactless, cash or app payments.

## **Public Transport**

The closest Station to our Highfield Road clinic is Fiveways Railway station. Approximately a 15 minute walk from our clinic, the station runs services directly into Birmingham New Street Station, providing us with excellent train links across the country. There is a bus stop located on Highfield Road (Highfield Road Bus Stop), a short walk from the clinic which is serviced by a number of busses.



Midland Health Edgbaston Clinic  
23a Highfield Road  
Edgbaston  
Birmingham  
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# How to Find Us

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## **Directions to the London Clinic**

10 Harley Street  
London  
W1G 9PF

Our Midland Health Neurodiversity Clinic in London is located at 10 Harley Street, London, one the country's leading medical districts.

## **Public Transport**

There is a bus stop located outside John Lewis, Oxford Street: 6, 8, 13, 15, 73, 135, 139, 189 & 390. Bond street (Central and Jubilee Lines) and Oxford Circus (Victoria, Bakerloo and Central Lines) are the closest train stations to our Neurodiversity clinic on Harley Street.

## **Parking**

Short-term meter parking is available directly in front of our building number 10 and nearby areas. Westminster parking rates apply Monday to Saturday from 8:30 a.m. to 5:30 p.m. m. to 6:30 p.m.

Long-term car parking is available at underground car parks at Cavendish Square and at the rear of Harley Street.

Discounted parking rates are available to our clients with Q-Park Oxford Street, which is based in Cavendish Square, a short distance from our clinic. You can enjoy a 20% discount when you book your parking in advance, visit: [Parking](#) can be found outside the clinic. Ophelia House can also be accessed via public transport using the busses that service The Parade, Oadby. and use code – 10HSQPOX





Midland Health London Clinic  
10 Harley Street  
London  
W1G 9PF



hello@midlandhealth.co.uk



www.midlandhealth.co.uk



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