



A Safe Space to be Me
28 Mill Road
Crumlin
BT29 4XL
02896 20 82 84

Patient Name:
Address:
DOB:
H&C:

Dear Dr

I am currently seeking to access the **“ADHD Support While Waiting Programme”** delivered by *A Safe Space to be Me*, which is funded by the Department of Health (NI).

As part of the eligibility process, I have been asked to obtain confirmation from my GP that I meet the core criteria for this service.

I would be grateful if you could review and confirm the following, based on your clinical knowledge of my presentation:

- I am **aged 18 or over**
- I am **resident in Northern Ireland**
- I am **currently awaiting ADHD assessment or actively attempting to access ADHD assessment/services**
- I am experiencing **functional difficulties consistent with ADHD-type presentations**, which may include:
 - Executive functioning difficulties
 - Emotional regulation challenges
 - Difficulties with organisation, focus, or time management

This programme is a **non-clinical early intervention support service**, designed to reduce deterioration and support individuals while they are awaiting formal assessment or access to services.

I would appreciate brief written confirmation (e.g. a short note or endorsement below) that, in your clinical opinion, I meet the above criteria.

28 Mill Road, Crumlin BT29 4XL. Tel: 02896208284
Email: info@asafespacetobeme.co.uk
www.asafespacetobeme.co.uk
Registered with the Charities Commission for Northern Ireland NIC107789





Thank you for your time and support.
Kind regards,

Patient name:

GP Confirmation (to be completed)

I confirm that, based on available clinical information, the above-named individual meets the general eligibility criteria outlined for the ADHD Support While Waiting Programme.

Name: _____

Signature: _____

Date: _____

Practice Stamp: _____

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