



eap services

INFORMATION FOR PRIVATE CLIENTS

Private ADHD Assessment

Our ADHD assessment gives you a clear, evidence-based diagnosis and helps you understand how your brain works. We'll walk you through your symptoms, how they may be affecting your life, and what support options can help. You'll come away with clarity, direction, and practical strategies to help you live your best life.



What should I expect during an assessment?

Initial Screening (optional)

- A focused session to identify key symptoms and determine if a comprehensive assessment is recommended.

Comprehensive Assessment:

- Clinical Interview: A detailed discussion about your history, symptoms, and any difficulties experienced in daily life.
- Standardised Questionnaires: You may be asked to complete self-assessment tools or rating scales to evaluate ADHD symptoms.
- Developmental History: Gathering information about your childhood behaviour, which may involve speaking with family members (optional).
- Additional Evaluations: In some cases, cognitive testing or screening for co-occurring conditions (e.g. anxiety, depression) may be recommended.

Note - Medication is not included as part of this assessment. A diagnosis doesn't automatically mean medication is required and only a psychiatrist or a GP (from 1 February 2026) can prescribe it. If medication is something you wish to explore, we can help by directing you to the right medical professional.

You will receive:

- A clear and accurate ADHD diagnosis, or explanation of what else may be contributing to your symptoms.
- An understanding of how your symptoms affect daily life, including work, study, relationships, routines and personal goals.
- Differentiation between ADHD and other possible conditions, so you receive the right support.
- A comprehensive, personalised report, including practical coping strategies, tailored recommendations, and guidance on next steps, including assistance with referrals to medical professionals if needed.

Pricing

Private ADHD Assessment	
Item	Price (incl GST)
Initial Screening Session only (optional)	\$311
Comprehensive Assessment	
3-hour comprehensive clinical assessment	\$893
Provision of structured diagnostic report	\$417
Where necessary referral letter to psychiatrist	\$119
TOTAL ASSESSMENT	\$1740

You can make use of this service privately and pay using a credit or debit card. Alternatively, you could approach your employer to aid you with the cost of the assessment.



If you would like to book an ADHD assessment, please fill in the form by scanning the QR code.

If you have any questions please email nsc@eap services.co.nz >