

A guide following your inconclusive autism assessment.

This information has been provided to support you in moving forward after receiving an inconclusive autism diagnosis. We understand how frustrating and disappointing this can be, and we absolutely commend the effort and courage you've shown in seeking answers.

We understand that this outcome may feel frustrating or disappointing, and we want to emphasise that we are not dismissing or minimising the challenges you face.

It's okay not to have all the answers right now. Sometimes clarity takes time, and it's important not to rush the process. In the meantime, every step you take to understand and support yourself is meaningful progress. An inconclusive result doesn't diminish the reality or validity of your experiences.



"Why did I receive an inconclusive autism diagnosis and what does this mean?"

An autism diagnosis at Psychiatry UK is based on criteria listed in the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5).

Your assessment report will hopefully clearly explain why an inconclusive diagnosis was given along with any recommendations to the GP.

These reasons are highly dependent on each individual and their specific circumstances, as no two assessments are exactly the same.

Some of these may include:

- Overlapping traits with other conditions (e.g. ADHD, anxiety, trauma)
- Being mentally unwell or in emotional distress during the assessment
- Challenges in identifying whether traits are enduring or influenced by the individual's current mental health state.
- Insufficient information available.



"What kind of support or resources can I access if I don't have an official autism diagnosis?"



Therapies and Counselling: You may be able to access therapies such as Cognitive Behavioural Therapy (CBT), occupational therapy, or speech and language therapy. These therapies can help address challenges with social interaction, emotional regulation, and sensory sensitivities. Speak with your GP or another health or social care professional about this.

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Support and Resources Continued.../



Access to Work: If you're employed or looking for work, you can apply for the Access to Work scheme through the government. This can provide funding for workplace adjustments, such as specialised equipment, travel costs, or support workers, to help you succeed in the workplace.

Work coaches and employment support services may also be available through Jobcentre Plus to help with job searches and workplace difficulties.



Students may be able to access funding through Disabled Students Allowance
www.gov.uk/disabled-students-allowance-dsa



Mental Health Support: If you're dealing with anxiety, depression, or other emotional difficulties related to your challenges, talking therapies such as counselling or psychotherapy are available through the NHS or private providers.



Another tool which is useful is a **Wellness Action Plan (WAP)**. The WAP helps identify what keeps us well at work, what triggers can cause us to become unwell and how to address any mental health needs.

It is a good way to open up a dialogue with your manager or supervisor, in order for them to better understand your needs and experiences and ultimately better support your mental health. This in turn leads to greater productivity, better performance and increased job satisfaction.

https://www.mind.org.uk/media-a/5760/mind-guide-for-employees-wellness-action-plans_final.pdf

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Crisis and Emotional Support

If you feel your mental health is deteriorating or your risk of self-harm is increasing, NHS 111 can be contacted for mental health support or 999 in an emergency situation.

1

You can also attend your nearest Accident and Emergency for an assessment by the Mental Health Liaison Team.

2

Samaritans: 116 123 (available 24/7)

3

SHOUT: Text "SHOUT" to 85258 for support via text

4

Mental Health support database: www.hubofhope.co.uk list support agencies nationally

5

No Panic www.nopanic.org.uk Telephone: 0300 772 9844 (10am - 10pm daily)

6

www.anxietyuk.org.uk Telephone: 0344 775 774 (Weekdays from 9.30am – 5.30pm)



ADHD Resources

- aadduk.org.uk
- add.org.uk
- addiss.co.uk
- There is also ADHD information available on the Psychiatry UK website.