ADHD Assessment Wait Times in Melbourne

ADHD assessment waitlists in Melbourne commonly run to 6–12 months at public services and many private practices, which is one of the main reasons ADHD in adults and children so often goes undiagnosed for years. **At the Behavioural Neurotherapy Clinic (BNC) in Doncaster, there is no waitlist for an initial appointment: most new clients are seen within 1–2 weeks of first contact,** with the full assessment (clinical interview, standardised testing, and feedback session) typically completed within 2–4 weeks.

Why ADHD Assessment Wait Times Vary

Wait times depend heavily on where you go. Public mental health services and hospital-based clinics typically have the longest queues, often 6 months or more, due to high demand and limited funded places. General private psychology practices vary widely, many do not specialise in ADHD and may need to refer complex cases elsewhere. ADHD clinics like BNC, with dedicated assessment pathways and multiple psychologists trained in ADHD-specific tools, are generally able to offer the shortest wait from enquiry to first appointment.

Typical Wait Times by Provider Type

Provider Type	Typical Wait for First Appointment
Public mental health / hospital-based services	6 months or more

Provider Type	Typical Wait for First Appointment
General private psychology practice (non-specialist)	Varies widely; may require referral elsewhere for complex cases
BNC dedicated ADHD assessment pathway	Typically 1–2 weeks to first appointment

How to Be Seen Sooner

You may call (03) 9848 9100 to book an initial appointment directly. Telehealth via Zoom is also available which can also reduce the wait. **A referral under a GP MHCP is required to access Medicare rebates for psychology sessions.**

Frequently Asked Questions

How long is the wait for an ADHD assessment at BNC?

Most new clients are seen within 1–2 weeks of first contact, with the full assessment (clinical interview, standardised testing and feedback session) typically completed within 2–4 weeks.

Why are ADHD assessment waitlists so long in Melbourne?

Public services and hospital-based clinics face high demand and limited funded places, which can push wait times to 6 months or more. Many general private psychology practices don't specialise in ADHD, which can add further delay if a referral elsewhere is needed.

Does telehealth reduce the wait?

Yes. Assessments conducted via Zoom telehealth follow the same process as in-clinic assessments and can often be scheduled sooner, since they aren't limited by clinic room availability.

Will the 2026 GP diagnosis reforms mean a faster diagnosis?

For straightforward presentations, a trained GP may be able to diagnose sooner under the new pathway. A comprehensive psychological assessment is still recommended where the diagnosis is complex, a detailed written report is needed, or ongoing therapy is required. See our full guide to the 2026 Victorian ADHD reforms for details.

Ready to learn more? See our guides to adult ADHD assessment or the full ADHD assessment and diagnosis process.

Ready to take the first step?

(03) 9848 9100

Updated on: 28/08/2026 by Dr Jacques Duff-PhD; BA Psych; Grad Dip Applied Psychology; FANSA; Clinical Neuroscientist
Reviewed on: 28/08/2026 by: Bernard Ferriere-BA; Grad Dip Applied Psychology; Dip Clinical Hypnosis; MAPS; Clinical Psychologist