How to Get an ADHD Diagnosis in Victoria

An ADHD diagnosis in Australia is made by a registered psychologist (with or without a referral from your GP); by a psychiatrist, or paediatrician, following a referral from your GP. The clinician conducts a structured clinical interview, gathers developmental and functional history, and applies standardised rating scales alongside the DSM-5-TR diagnostic criteria. The outcome is a written report setting out the diagnosis (where applicable), your symptom and cognitive profile, and recommendations for treatment. The process below outlines how this now works specifically in Victoria.

How is ADHD Diagnosed?

If you think that you or your child might have ADHD, the process for getting a formal diagnosis in Victoria can feel confusing. This guide explains exactly who can assess and diagnose ADHD, how the process works, what costs to expect, and what happens after a diagnosis.

2026 Update: The Victorian Government announced in February 2026 that trained General Practitioners (GPs) will soon be able to diagnose and prescribe medication for ADHD, joining other Australian states. This is a significant change aimed at reducing long wait times for ADHD diagnosis and improving access to ADHD medication.

Step 1 — Talk to Your GP or book in with a psychologist

The GP plays an important role as the gateway to **medical assessment and ongoing medication management.** At the time of writing, only 150 GPs in victoria have been trained to diagnose ADHD and prescribe medication.

- **If you prefer to avoid medication as first line treatment**, you do not need a GP referral to see a psychologist. Assessment is the process that leads to a diagnosis. See BNC full assessment guide here.
- **However, Once you have been diagnosed, a GP Mental Health Care Plan** (MHCP) will allow you to access Medicare rebates for up to 10 **psychology therapy** sessions per year, you just pay the gap.

If you choose medication as first line treatment, see your GP, and be prepared to:

- Describe the specific symptoms you or your child are experiencing
- Explain how long symptoms have been present (ADHD requires symptoms since childhood)
- Describe how symptoms are affecting functioning: at school, work, home or in relationships

Tip: Bring notes. People with ADHD often find it difficult to recall and articulate symptoms accurately in a clinical setting. Writing down your key concerns beforehand can help you communicate clearly.

Step 2 — Choose Your Assessment Pathway

Provider type	Can diagnose?	Can prescribe?	Notes

Registered Psychologist	✔ Yes	✘ No	Comprehensive assessment, written report, therapy. Fastest access. Medication via Paediatrician/ psychiatrist or GP (limited numbers initiallly)
Psychiatrist	✔ Yes	✔ Yes	Can diagnose and prescribe stimulants. Long wait times (up to12 months) and higher cost.
Paediatrician	✔ Yes (children)	✔ Yes	Primarily for children and adolescents.
Trained GP (2026)	✔ Yes (newly)	✔ Yes	New pathway from 2026. Not all GPs are trained (only 150) at time of writing. Ask your GP if they are eligible.

Step 3 — Attend the Assessment

Assessment is the process that leads to a diagnosis; see our full assessment guide.

1

See what is involved in a child ADHD assessment or an adult ADHD assessment at BNC.

Clinical interview

A detailed discussion of developmental history, symptoms across different settings, medical and family history, and current functioning.

2

Standardised rating scales

Validated questionnaires completed by you, and where relevant, a partner, parent or teacher (e.g., Conners-4, CAARS).

3

Cognitive and neuropsychological testing

Standardised tests measuring attention, working memory, processing speed and executive function.

4

Differential diagnosis screening

Screening for other conditions that may explain or co-occur with ADHD symptoms, including anxiety, depression, ASD and learning difficulties.

5

Feedback and written report

A feedback session to discuss findings, followed by a comprehensive written report with diagnosis and treatment recommendations.

Step 4 — After Diagnosis: Multimodal Treatment & Support

The Australian National Best Practice clinical guidelines for ADHD states that multimodal treatment is more effective than medication alone and may include:

- **Behavioural strategies:** Practical psychological tools for organisation, time management and emotional regulation.
- **Psychological therapy:** CBT for the anxiety, depressed mood and low self-esteem that often accompany ADHD.
- **Medication (where appropriate):** Stimulant and non-stimulant options, initiated by a psychiatrist, paediatrician or trained GP.
- **School/workplace adjustments:** Formal documentation to support accommodations by a psychologist.

- **Nutritional support:** BNC also offers dietary and nutritional assessment by a Clinical Nurtritionist, as part of ADHD multimodal management.

Read more about multimodal ADHD treatment.

Costs and Medicare Rebates

Medicare Mental Health Care Plan: With a referral from your GP, you can access Medicare rebates for up to 10 **psychology** sessions per year. This significantly reduces the out-of-pocket cost. Ask your GP specifically for a referral under a Mental Health Care Plan.

Who can diagnose ADHD in Victoria in 2026? +
In Victoria in 2026, ADHD can be diagnosed by a registered psychologist, psychiatrist, paediatrician, or, under new 2026 reforms, a trained GP. For stimulant and non stimulant medication, a psychiatrist, paediatrician or trained GP is required.
How much does an ADHD assessment cost in Melbourne? +
Costs vary by provider. Psychologist assessment at the Behavioural Neurotherapy Clinic typically ranges from $1100–$1500 across multiple sessions, depending on complexity. Contact BNC directly for current fees.
How long is the wait for an ADHD assessment in Melbourne? +
Wait times vary. Psychiatrist and paediatrician waits can be 6–12 months or longer.Contact Behavioural Neurotherapy Clinic on (03) 9848 9100 to enquire about current availability (usually around 1-2 weeks).

Ready to start your ADHD assessment journey?

□□ (03) 9848 9100

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