



If your child or young person is experiencing ADHD traits, we're here to help.

ADHD can impact relationships, contribute to stress at home, work, or school, and affect self-esteem and identity.

If you're seeking a diagnosis but unsure where to start, or if you need strategies to help manage ADHD traits - our support services are here for you.



To book your first appointment please contact us. A parent or carer can also contact on your behalf:

Phone: 0121 643 1638  
Email: [info@relatebirmingham.co.uk](mailto:info@relatebirmingham.co.uk)

- ✓ Low cost and affordable
- ✓ Short waiting times
- ✓ Daytime, evening and weekend availability
- ✓ Local charity supporting our community

For more information on our pricing, please contact our friendly team.



We're here to help build better relationships and improve wellbeing.

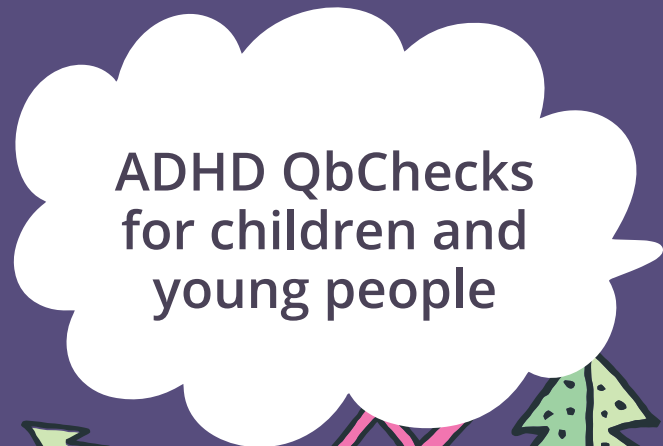


Follow us on Instagram

[relatebirmingham.co.uk](http://relatebirmingham.co.uk)

Relate Birmingham, a company limited by guarantee (Company number 3174040) and a registered charity (Charity Number 1053946). The registered office is 111 Bishopsgate Street, Birmingham, B15 1ET.

# Think ADHD



ADHD QbChecks  
for children and  
young people



“My mind works in creative and unique ways”

[relatebirmingham.co.uk](http://relatebirmingham.co.uk)



## What is a Quantitative Behavioural (Qb) Check?

The QbCheck is a diagnostic screening tool which provides objective information to help aid the assessment of Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD).

It is a computer-based test that measures the core signs of ADHD: Hyperactivity, Impulsivity and Inattention. During the test, a spacebar is used to respond to targets and motor activity is registered by a web camera. No images are captured during the test.

### How can QbChecks help?

- Supports a quicker ADHD or ADD diagnosis
- Helps to understand challenges & strengths
- Validate any day-to-day struggles

### How long does a QbCheck take?

Depending on age it can take 15 or 20 minutes.

### What's included in our QbCheck?

At Relate Birmingham & Black Country, we believe in a comprehensive and holistic approach to ADHD assessment for everyone.

We ensure that your child receives the best and most appropriate screening possible. Our initial screening package includes:

- Initial phone consultation (15 mins)
- Initial screener form
- A Face to Face consultation (25mins)
- QbCheck (20 mins)
- Next steps report

Our ADHD Screener Package is ideal for anyone who would like to know if their or their child's behaviours are indicative of ADHD, or ADD.

### What happens after the QbCheck?

If your initial test results do not indicate signs of ADHD, our team will still provide a preliminary report and recommend the right support to help you with any areas of concern identified.

If your results do suggest ADHD, we will guide you through the next steps and continue to support you with any areas identified.

### What is the cost of the QbCheck?

The QbCheck is part of our initial screener package. This package costs £170.

Book your QbCheck to receive 15% off your first 2 coaching sessions.



### Our additional support services include:

#### For parents or carers:

- Coaching
- Support & Talk Webinars

#### For Children and Young People:

- Coaching
- Wellbeing Support
- Counselling

To find out more information call our friendly team on: 0121 643 1638

or visit our website:

[relatebirmingham.co.uk/think-adhd](https://relatebirmingham.co.uk/think-adhd)