

Why Thrive ADHD Treatment Says ADHD Medication Might Not Be Right for You

At **Thrive ADHD Treatment**, we recognise that **medication is not a “one-size-fits-all” solution**. While it can be highly effective for many, there are important reasons why we may advise against medication—or suggest holding off until further assessment, lifestyle planning, or support is in place.

1. Not Everyone Needs Medication

- **NICE NG87 guidance** states medication should only be considered when symptoms **significantly impair** functioning.
 - For some individuals, especially children or those newly diagnosed, **non-medical support** (coaching, CBT, environmental adjustments) may be more appropriate initially.
 - Thrive offers assessments and treatment **tailored to your lifestyle and goals**, not just diagnosis.
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2. Potential Side Effects of ADHD Medication

While many people benefit from ADHD medication, we believe you should be **fully informed of possible side effects**, which vary depending on the type of medication.

Stimulants (e.g., methylphenidate, lisdexamfetamine)

Commonly reported side effects:

- Insomnia or disturbed sleep
- Loss of appetite / weight loss
- Increased anxiety or irritability
- Headaches or stomach aches
- Raised blood pressure or heart rate

Rare but serious:

- Tics or worsening of existing tics
- Mood changes (low mood, agitation)
- Cardiac symptoms (monitoring is essential)

Non-Stimulants (e.g., atomoxetine, guanfacine)

Commonly reported side effects:

- Fatigue, drowsiness

- Nausea or stomach upset
 - Low blood pressure or dizziness
 - Mood swings in some individuals
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□ 3. Personal and Medical Factors to Consider

Thrive ADHD Treatment works with you to explore:

- **Your current mental health** (e.g. anxiety, depression, trauma)
- **Sleep quality** – medication may worsen poor sleep
- **Existing health conditions** – such as heart problems or high blood pressure
- **Other medications** – risk of interactions
- **Substance use** – especially alcohol or recreational drugs
- **Pregnancy and fertility plans**

We will only proceed if **medication is clinically safe, appropriate, and agreed upon with you.**

□🤝□ 4. Your Preferences and Lifestyle Matter

Medication isn't the only way to manage ADHD. Thrive offers or signposts to:

- Coaching for executive function and time management
- CBT or therapy to help with emotional regulation
- Occupational therapy for sensory issues or structure
- Education, family support, and workplace strategies

We support **shared decision-making**. You have the right to say “**no**”, to delay, or to try alternatives first.

📝 Summary – Thrive’s Responsible Medication Approach

☑ We WILL

- Prescribe only when safe and clinically appropriate
- Involve you in every decision
- Monitor for side effects and effectiveness
- Offer alternatives alongside medication

✗ We WON'T

- Push you into medication
- Ignore your concerns or preferences
- Assume medication suits everyone
- Offer medication without a full assessment