

Media Release

Hon Jacinta Allan MP
Premier



Tuesday, 3 February 2026

LABOR IS MAKING IT EASIER AND CHEAPER TO GET CARE FOR ADHD

Victorians will no longer need to face lengthy wait times or spend thousands of dollars to get care for ADHD.

The Premier announced today that GPs will be able to diagnose and treat ADHD in both children and adults.

The Allan Labor Government will introduce the lifechanging reforms this year.

Currently, adults can only be diagnosed and prescribed medication by a psychiatrist, while children must see a paediatrician or a psychiatrist.

That means too many people facing high out-of-pocket costs and long wait times of up to six to 12 months.

Right now, the average comprehensive assessment costs upwards of \$2,000.

Under the changes, GPs will be able to undertake training to expand their scope of practice, so they can safely diagnose, treat and prescribe medication for ADHD in both adults and children 6 years and over.

This saves families time and money.

It also helps people get the support they need sooner to tackle the challenges of living with ADHD – giving them the best chance to excel at school, in the workplace, and throughout their lives.

The changes will also help ease pressure on specialty areas, including psychiatry and paediatrics.

As more people better understand the condition, the demand for ADHD assessments is growing.

The Royal Australian College of General Practitioners (RACGP) estimates up to 163,000 Victorian children and 320,000 adults may be living with ADHD.

This is all part of Labor's plan to make health care work better for families, so it's easier and cheaper to access.

How we'll deliver it

A \$750,000 investment will deliver accredited training for an initial 150 GPs by September.

Aligning with best practice ADHD treatment models, GPs will also consider non-medication care options.

This includes lifestyle strategies and referrals for behavioural therapy, psychology and education to manage symptoms including attention, emotional regulation, and concentration challenges.

The changes follow strong national advocacy from the RACGP.

A targeted consultation with stakeholders will soon begin ahead of the proposed change.

Quotes attributable to Premier Jacinta Allan

"Labor is making health care work better for busy families by making ADHD care easier and cheaper to access."

"No child or family should be left behind because the system is too complex, too hard or too expensive."

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“Families have told me how difficult it is to get this care – so we’re making it cheaper and easier.”

Quote attributable to Minister for Health Mary-Anne Thomas

“We’re changing the way Victorians can access an ADHD diagnosis and treatment, because income or location shouldn’t stop you from getting the care you need.”

Quote attributable to Minister for Mental Health Ingrid Stitt

“Undiagnosed or untreated ADHD can have significant effect on a person’s life – whether it’s at school, work or in the home. That’s why these changes are so important, giving more Victorians a chance to thrive.”