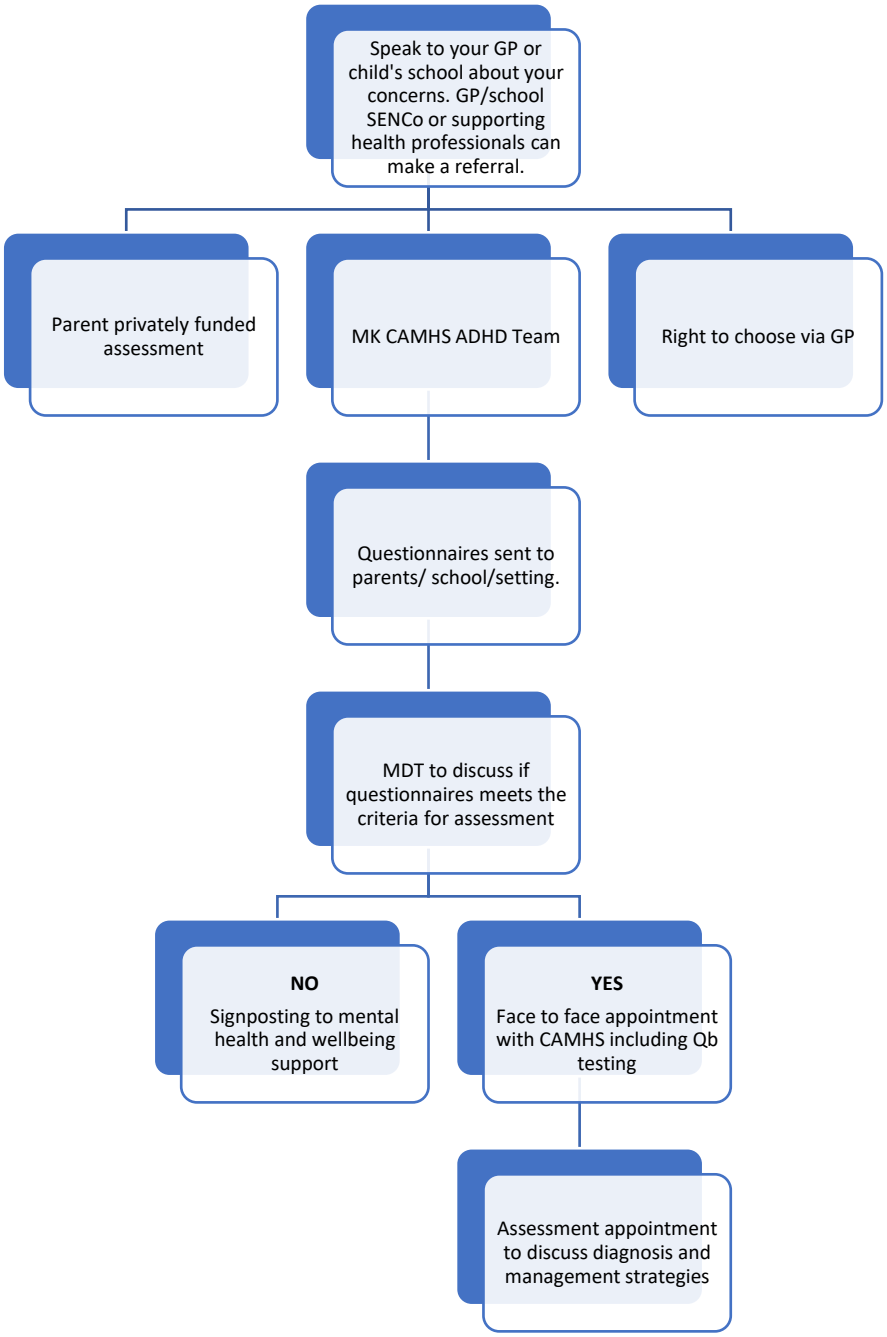I think my child/young person might have ADHD – What do I do now?