



Dear [University Support Services/Disability Office],

I am writing to inform you that I have been diagnosed with ADHD (Attention Deficit Hyperactivity Disorder), which can impact the way that I manage my studies. As I start my [first/second/third] year at university, I am committed to doing my best, but I may need additional support to help me succeed.

I am happy to provide any necessary documentation regarding my diagnosis. Please let me know what support is available and if there are any next steps for me to get access to this support.

I look forward to hearing from you.

Best regards,

[Your Name]

[Student ID]

[Course Name]

[Contact Information]