

NHS Right to Choose ADHD assessment: full request pack

From ADHD Helper, adhdhelper.co.uk/right-to-choose/request-pack/

Version: 27 July 2026. Information only, not medical advice. Right to Choose is an England-only right; your GP and the chosen provider confirm eligibility.

Legal basis: patients in England have a legal right to choose their provider for a first routine outpatient referral, including ADHD assessment, where the provider holds an NHS standard contract for that service. Sources: NHS England, the NHS Choice Framework; nhs.uk, choosing where to go for treatment (checked 23 June 2026).

Step 1: eligibility checklist (tick all that apply)

- ☐ I am registered with a GP in England (the right does not apply in Scotland, Wales or Northern Ireland)
- ☐ This would be a routine (non-urgent) first referral for ADHD assessment
- ☐ I am not already on an active NHS pathway for ADHD assessment with another provider
- ☐ I am not referred through certain excluded routes (for example some urgent or specialised pathways; the GP will know)

Unsure? Use the interactive checker: adhdhelper.co.uk/tools/right-to-choose-eligibility-checker/

Step 2: choose a provider

- ☐ Pick a provider that currently accepts Right to Choose ADHD referrals and has an open list
- ☐ Check whether the provider has its own referral form for your GP (many do; it speeds things up)
- ☐ Run the provider through the provider checklist: adhdhelper.co.uk/assessment/find-a-provider/
- ☐ Check whether referrals are paused in your area: adhdhelper.co.uk/right-to-choose/is-it-paused-in-my-area/

Step 3: the GP letter

Copy, edit and print or email this (also at adhdhelper.co.uk/right-to-choose/gp-letter-template/):

Dear Dr [GP surname],

I am writing to request a referral for an adult ADHD assessment under my NHS Right to Choose rights.

I understand that, as a patient in England registered with this practice, I have a legal right to choose which provider I am referred to for a first routine outpatient appointment, including an ADHD assessment, where the provider holds an NHS standard contract for that service.

I would like to be referred to [provider name], which offers NHS ADHD assessments under Right to Choose. [If the provider has a referral form, add: The provider has a referral form, which I have attached / can forward to the practice.]

For reference, the difficulties I experience include [briefly note 2 to 3 examples, for example: long-standing problems with focus and attention, organisation, and restlessness that affect my work and daily life]. These have been present for a long time and affect more than one area of my life.

Please could you confirm that the referral has been made, and let me know if you need any further information from me.

Thank you for your help.

Yours sincerely,

[Your full name]

[Date of birth]

[NHS number, if known]

[Address]

[Date]

Step 4: what happens next (typical timeline)

1. GP appointment or letter received: the GP agrees a specialist referral is clinically appropriate and sends the referral, often on the provider's own form. Ask the practice to confirm when it has gone.
2. Provider triage: the provider checks the referral and eligibility, then adds you to their waiting list. Chase the provider (not the GP) if you hear nothing within a few weeks.
3. Pre-assessment questionnaires: most providers send forms for you (and sometimes someone who knows you well) to complete before the appointment.
4. The assessment: usually a detailed clinical interview, often online. Prepare with the worksheet: adhdhelper.co.uk/guides/adhd-assessment-prep-worksheet/
5. Outcome and next steps: report to you and your GP; if medication is agreed, titration follows, and long-term prescribing depends on shared care (see

adhdhelper.co.uk/guides/can-my-gp-refuse-shared-care/).

Waiting times vary a lot by provider and change constantly: check the provider's own published wait before choosing.

If the GP declines

- Ask for the reason, and ask for your preference for the named provider to be recorded in your notes
- Right to Choose is a legal right for eligible patients in England, although the GP still decides a specialist referral is clinically appropriate
- If stuck, your local Patient Advice and Liaison Service (PALS) can help, and you can raise it with the practice in writing

Information only, not medical advice and not a diagnosis. Eligibility is confirmed by your GP and the chosen provider.