

Right to Choose - Diagnosis pathways for Adult ADHD

<https://adhduk.co.uk/diagnosis-pathways>

Step 1

Go to ADHD UK and complete their Adult ADHD screener tool which can be found:

<https://adhduk.co.uk/adult-adhd-screening-survey/>

Step 2

Go to your GP and have an open and frank conversation about why you think you have ADHD. Talk about any and all mental health concerns you might have. The goal is to help you with your issues.

Following that conversation you and your GP may decide to refer for an NHS ADHD Assessment. You should ask how long the waiting list is likely to be to allow you to consider alternative options if needed.

Step 3 (Option 1) – NHS Assessment

Have a specialist assessment with the NHS. This should cover your overall mental health, an assessment of if you have ADHD, and an assessment if you might have any other related or unrelated mental health conditions. This usually, but not always, involves a 45 to 90 minute discussion, that may include a number of checklists, with a specialist psychiatrist, specialist nurse, or “other appropriately qualified healthcare professional” [Nice Guidelines]. Psychologists can assess ADHD but are unable to prescribe medication.

Following your assessment your clinician will let you know what the next stage is. One option is a diagnosis of ADHD, with a discussion on whether you want to consider medication options, and a referral back to your GP for shared management.

Step 3 (Option 2) – Right to Choose (NHS England)

If you are based in England under the NHS, you now have a legal right to choose your mental healthcare provider and your choice of mental healthcare team. This important right means that, for instance, should you decide the waiting time for your ADHD assessment is too long, then you can choose alternative providers. You can learn more about right to choose on our Right To Choose page

If you are in England and you want to know more or your GP refuses to allow Right to Choose

We have created a specific page on Right to Choose and have a support letter you can download. To access it please click [here](#).

Step 3 (Option 3) – Private Assessment

Long waiting lists and lack of accessibility of Right to Choose throughout the UK means private diagnosis and treatment is a serious consideration for many, despite the financial cost often being a significant sacrifice. As a charity we are lobbying for

the NHS ADHD provision to be properly resourced so it can be timely and effective, and that people then don't feel private is necessary for them.

Step 4 – Shared care or GP Care

In Step 3 you and your clinician will discuss on going care. This could be continued care with the specialist mental health centre, it could be shared care between the specialist centre and your GP, or it could be discharged to the sole care of your GP. Shared care and GP care are the most common. You will then discuss your ongoing treatment with your psychiatrist, specialist nurse or GP as appropriate.

Step 5 – Next

Being diagnosed is the first step in helping yourself with ADHD and may unravel complex emotions. Many report that a diagnosis can both be a relief to know what has been challenging them but as well they feel upset to know that they have a mental health condition. It is important to remember that nothing has changed because of a diagnosis – except that you are now empowered with the knowledge of it. What you now do with that insight into yourself is then up to you. We recommend you learn about ADHD, learn and look out for its nuances for you. To help you do that we provide support groups and recommend you join our newsletter. Above all we're here to help.

Right to Choose Providers – ADHD Assessments

Up to date information can be found on <https://adhduk.co.uk/right-to-choose/>

Accepting new referrals:



ADHD 360 provide both Right to Choose and Private ADHD Assessments. They started providing their Right to Choose service in mid-2021.

Nov 2023 Update: They are open for Right to Choose bookings. We are being told the wait list is around 8 weeks.



Psychiatry-uk.com.

May be the largest provider of right to choose ADHD assessments in the UK. Their assessments are predominately done by video call, which has become common place since the start of the pandemic.

Psychiatry UK provide details on Right to Choose, including a downloadable letter to give your GP, [here](#).

November 2023 Update: They have re-opened for Right to Choose (after pausing from August 2023). We are told the current wait list for diagnosis is around 12 weeks.



Dr J and Colleagues provide both Right to Choose and Private ADHD and Autism Assessments. They are a small provider and tell us that means they can work through the funding provision from the NHS particularly quickly.

November 2023 Update: We are told that they are currently taking Right to Choose bookings for both ADHD and ASD and have a 3-week waiting time for either.

Clinical Partners provide both Right to Choose and Private ADHD and Autism Assessments.

It is important to note that Clinical Partners provide an ADHD Assessment Service, but they do not offer a medication titration service.

This is, therefore a great fit for individuals who want an ADHD Assessment but know that medication isn't something they want to pursue.

To those thinking about the option for an Assessment with Clinical Partners and titration/medication elsewhere you need to be aware that we are not aware of any NHS Right to Choose providers, or private providers, who offer a titration only service. We only know of providers who require undertaking their own Assessment prior to offering titration as an option.

October 2023 Update: We are told that they are currently taking Right to Choose bookings and have a 12 weeks or less waiting time.