

NHS Right to Choose

For Autism Spectrum Disorder (ASD) and Hyperactive Attention-Deficit/Hyperactivity Disorder (ADHD).



What is 'ADHD'?

"A (lifespan) syndrome with deficits across multiple domains of executive function.

It impacts attention, concentration, impulsivity, disinhibition, hyperactivity/ restlessness, organisation, planning, short term and working memory, and frequently disturbed mood and anger control."
(NHS England, 2026)

What is 'ASD'?

"A lifelong neurodivergence and disability.

You may find socialising confusing or tiring. You may become overwhelmed in loud or busy places. You may have intense interests, prefer order and routine, and use repeated movements/ actions to calm yourself or express joy."
(National Autistic Society, 2026).

The NHS logo, consisting of the letters 'NHS' in a white, bold, sans-serif font inside a blue rounded rectangle.

What is 'Right to Choose'?

"If a GP needs to refer you for a physical or mental health condition, in most cases you have the legal **right to choose** the hospital or service you'd like to go to."
(NHS England, 2023)



Current advised wait times for local ADHD and ASD assessments

4 years and 7 months for an ADHD assessment
4 years and 3 months for an ASD assessment
1 year and 6 months for ADHD medication



NHS Right to Choose

For Autism Spectrum Disorder (ASD) and Hyperactive Attention-Deficit/Hyperactivity Disorder (ADHD).



ADHD assessment providers


The providers listed below are private clinics that offer NHS appointments, and we are able to enter into [shared-care agreements](#) with them.

You may choose alternative providers, but we cannot guarantee that shared-care arrangements will be possible if a provider is chosen outside of this list.

To view the full list of providers, use this link.

<https://adhduk.co.uk/right-to-choose/right-to-choose-wait-times/>



Company Name	Wait Time (in weeks)	Adult or Child
Harrow Health	0	Adult
Healthcare Central London	1	Adult
Berkeley Psychiatrists	0	Adult
 Care ADHD	0 (Adult) 4 (Child)	Both
The Apsen Clinic	26	Both
Harley Street Mental Health	4	Adult
Sinclair Strong Consultants	12	Adult
Adult ADHD NorthWest	26	Adult



NHS Right to Choose


For Autism Spectrum Disorder (ASD) and Hyperactive Attention-Deficit/Hyperactivity Disorder (ADHD).



Combined ADHD and ASD assessment providers

If you require a combined ASD and ADHD assessment and will therefore need shared care, please choose from the providers listed below.



Company Name	Wait Time (in weeks)	Adult or Child
Care ADHD	6	Child
The Aspen Clinic	22 (Adult) 23 (Child)	Both
Harley Street Mental Health	8	Adult
 Sinclair Strong Consultants	8	Adult

ASD assessment providers

If you only require an ASD assessment, shared care is not necessary. Therefore, please access the full list of ASD-only providers available here:

<https://adhduk.co.uk/right-to-choose/right-to-choose-wait-times/>



Any problems, please contact reception.