

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).



NHS

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 8 months for an ADHD assessment
5 years and 1 month for an ASD assessment
1 year and 9 months for ADHD medication



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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
Insight Diagnostics	2	Adult
Berkeley Psychiatrists	3	Adult
 Care ADHD	0 (Adult) 16 (Child)	Both
Provide Wellbeing	18	Child
Harley Street Mental Health	0	Adult
Mental Well	0	Adult
The Aspen Clinic	78	Both



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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	16	Child
The Aspen Clinic	78	Both
Harley Street Mental Health	3	Adult
 Sinclair Strong Consultants	20	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.