



Did you know that in many instances, you have the legal right to choose where you receive your NHS treatment? The NHS is increasingly providing more options, allowing you to make choices that best fit your needs and circumstances, giving you more control over your care and, ideally, better outcomes.

If you live in England, you now have a legal right under the NHS to choose your mental healthcare provider and team, including for referrals related to Autism and ADHD assessments.

This service is available through the NHS and is free of charge.

Introduction to Right to Choose Referrals



Did you know that NHS patients now have the legal right to choose their mental healthcare provider? This right means that if you feel the waiting time for your ADHD or ASD assessment is too long, you can select an alternative provider that better suits your needs.

The Right to Choose scheme within mental health has been in place since 2018, but many patients are still unaware of the options available to them.

Who Can Offer Right to Choose Assessments?



There are several clinics across the UK that can provide Right to Choose ADHD and/or ASD assessments. To qualify as a Right to Choose clinic provider, the clinic must offer the same service to the NHS somewhere in England and cannot be solely a private clinic.

The clinic's website is often a helpful starting point to determine if they offer the services you need.

Below are some useful websites that may be able to help you when considering Right to Choose.



<https://www.nhs.uk/using-the-nhs/about-the-nhs/your-choices-in-the-nhs/>

[ADHD UK - Homepage - ADHD UK](#)

<https://www.adhdfoundation.org.uk/>

[National Autistic Society](#)

[ADHD and mental health - Mind](#)

[Autism support, resources & advocacy | Autism Speaks](#)

[Autism and mental health - Mind](#)