

GETTING ASSESSED · 3.5

Right to Choose for ADHD and Autism: How It Actually Works

Right to Choose is a legal entitlement in England that lets you request an NHS-funded referral to any NHS-contracted provider. This summary explains how it works for ADHD and autism, and what to ask your GP.

FOR

Patients in England considering Right to Choose

AUDIENCE AGE

All ages

REVIEWED

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PART OF

The NeuroFX resource library

IN SUMMARY

Right to Choose for ADHD and Autism: How It Actually Works

What Right to Choose is

- **A legal entitlement under the NHS Constitution for England.** Where your GP refers you, you can choose any provider that holds an NHS contract for that service, has the right expertise and has capacity to accept the referral.
- **NHS-funded, even though the provider may be private.** The provider invoices the NHS. You pay nothing for the assessment or for any initial medication titration under the Right to Choose pathway.
- **Well established for ADHD; more variable for autism.** Right to Choose for adult ADHD assessment is well supported. Adult autism access is less consistent; some providers hold contracts, others do not. Your GP can confirm what is available locally.

How it works in practice

- **Identify a provider first.** Most NHS-contracted providers publish this on their website. NeuroFX is a Right to Choose provider for ADHD assessment in England.
- **Ask your GP for the referral.** Some practices know Right to Choose well; others need a polite reminder of the entitlement under the NHS Constitution. Most providers offer a referral template the GP can use.
- **Waiting times are usually shorter than the equivalent NHS service.** They vary by provider. Once accepted, the assessment is scheduled and proceeds to the same NICE standard as any NHS service.
- **Not available in Scotland, Wales or Northern Ireland.** Patients in those nations rely on NHS referral plus private assessment as the main routes.

How we can help

- **NHS-contracted Right to Choose ADHD assessment.** NeuroFX offers ADHD assessment under Right to Choose for adults and for children aged 6 and upwards in England, with the same NICE NG87 standard as NHS services.
- **Private adult ADHD assessment where Right to Choose is not the right fit.** Some patients prefer to go private for shorter waits, a specific clinician, or because Right to Choose is not available for their situation. Both routes are options at NeuroFX.
- **Shared care after medication titration where the ICB accepts it.** Where the local ICB accepts shared care, we hand over to your NHS GP once you are stable on medication. Where shared care is declined, we offer continued private prescribing.

WHEN TO SPEAK TO A PROFESSIONAL

If you are recognising the pattern in yourself or your child, speak to your GP and ask about Right to Choose if you are in England. NeuroFX is a Right to Choose provider and also offers private adult and paediatric ADHD assessment. Seek same-day help via 111 (or 999 in an emergency) for any mental health crisis.

SOURCES

NHS England; NHS Constitution for England; NICE NG87; NICE CG142

NEXT STEPS**Speak to NeuroFX**

Private ADHD and autism assessment for adults and children aged 6 and upwards.
CQC-registered. Bedford Consulting Rooms, 4 Goldington Road, Bedford MK40 3NF.

neurofx.co.uk · info@neurofx.co.uk · 0333 533 3303