

**UPDATE ON:**

**A. ASD/ ADHD RIGHT TO CHOOSE REFERRALS – IMPACT OF ‘INDICATIVE ACTIVITY PLANNING’**

**B. VERIFIED ADHD/ ASD INDEPENDENT PROVIDERS UNDER NHS RIGHT TO CHOOSE**

This supersedes the last update sent in April 2026.

**A. ASD/ ADHD RIGHT TO CHOOSE REFERRALS – IMPACT OF ‘INDICATIVE ACTIVITY PLANNING’**

In recent years there has been a significant increase in ASD/ ADHD referrals to independent providers, through NHS Right to Choose (RTC). This is placing significant financial pressures on the ICB.

To help manage this financial pressure and in line with NHSE guidance, the ICB is in the process of agreeing ‘Indicative Activity Plan’ budgets with all providers in 2026/27.

In terms of working within the indicative budgets, we will be asking providers to:

- prioritise patients requiring ongoing treatment management (e.g. ADHD titration and reviews)
- Pause or stagger new bookings of ASD/ ADHD assessments, where it is indicated they may potentially exceed their indicative budget for 2026/27.

Whilst most providers listed in the next section will have capacity within their indicative allocation to undertake new assessments at the start of the financial year, this position may change as we go further into the year.

**Therefore, is it advised to check with the provider that they will accept a referral from LLR, before for a referral is submitted by the Practice.**

We have also put a FAQ on our ICB website to help explain the approach to patients and other stakeholders:

<https://leicesterleicestershireandrutland.icb.nhs.uk/elementor-27068/>

## B. VERIFIED ADHD/ ASD INDEPENDENT PROVIDERS UNDER NHS RIGHT TO CHOOSE

Under Right to Choose, a patient can be referred for a first outpatient appointment, including any subsequent treatment if required, to an any clinically appropriate provider that holds a qualifying NHS Standard Contract with any ICB or NHS England, for the service they need because of the referral. For further information see: [NHS Choice Framework - what choices are available to you in your NHS care - GOV.UK](#)

We have confirmed the following independent providers hold a qualifying NHS standard contract with other ICB's:

### ADULT ADHD:

Due to high referral demand, please note before making a referral for an adult ADHD diagnosis & treatment, it is important to check:

- Symptoms began before the age of 12 years of age and have persisted throughout life.
- Are not explained by other psychiatric diagnostic possibilities.
- Have resulted in or are associated with moderate or severe psychological, social and/or educational or occupational impairment (normally identified in a pre-referral questionnaire).

Provider	Assessment	Treatment & management	Further information
<b>Harrow Health CIC</b>	Yes	Yes	<a href="https://adhdrighttochoose.com/information-for-gps/">https://adhdrighttochoose.com/information-for-gps/</a>
<b>The Owl Centre</b>	Yes	Yes	<a href="https://www.theowl.org/nhs-right-to-choose/">https://www.theowl.org/nhs-right-to-choose/</a>
<b>CARE ADHD</b>	Yes	Yes	<a href="https://www.careadhd.co.uk/your-right-to-choose">https://www.careadhd.co.uk/your-right-to-choose</a>
<b>*Clinical Partners</b>	Yes	Yes	<a href="https://www.clinical-partners.co.uk/nhs-right-to-choose-assessments-and-medication/">https://www.clinical-partners.co.uk/nhs-right-to-choose-assessments-and-medication/</a>
<b>*ADHD 360</b>	Yes	Yes	<a href="https://www.adhd-360.com/right-to-choose/">https://www.adhd-360.com/right-to-choose/</a>
<b>Berkeley Psychiatrists</b>	Yes	Yes	<a href="https://www.berkeleypsychiatrists.co.uk/nhs-right-to-choose">https://www.berkeleypsychiatrists.co.uk/nhs-right-to-choose</a>
<b>*Dr. J &amp; Colleagues</b>	Yes	Yes	<a href="https://www.drjsj.co.uk/psychiatry-uk-right-to-choose">https://www.drjsj.co.uk/psychiatry-uk-right-to-choose</a>

<b>Harley Mental Health Ltd.</b>	Yes	Yes	<a href="https://hsmh.co.uk/nhs-assessments/">https://hsmh.co.uk/nhs-assessments/</a>
<b>Health Harmonies Minds</b>	Yes	Yes	<a href="https://www.healthharmonieminids.co.uk/right-to-choose/">https://www.healthharmonieminids.co.uk/right-to-choose/</a>
<b>Innovate ADHD Ltd</b>	Yes	Yes	<a href="https://innovateadhd.com/nhs-patients">https://innovateadhd.com/nhs-patients</a>
<b>LaTahzan Ltd</b>	Yes	Yes	<a href="https://crm.latahzan.uk/adhd-referral/">https://crm.latahzan.uk/adhd-referral/</a>
<b>Problemshared</b>	Yes	Yes	<a href="https://www.problemshared.net/right-to-choose">https://www.problemshared.net/right-to-choose</a>
<b>Oakdale Centre</b>	Yes	Yes	<a href="https://www.oakdalegroup.org/neurodevelopmental-mental-service-autism-adhd-medication/">https://www.oakdalegroup.org/neurodevelopmental-mental-service-autism-adhd-medication/</a>
<b>Psychiatry UK</b>	Yes	Yes	<a href="https://psychiatry-uk.com/right-to-choose/">https://psychiatry-uk.com/right-to-choose/</a>
<b>RTN Mental Health Solutions Ltd</b>	Yes	Yes	<a href="https://rtnmentalhealth.co.uk/nhs-services/right-to-choose/">https://rtnmentalhealth.co.uk/nhs-services/right-to-choose/</a>
<b>Skylight Psychiatry</b>	Yes	Yes	<a href="https://www.skylightpsychiatry.co.uk/nhs-right-to-choose-adult-adhd-assessments/">https://www.skylightpsychiatry.co.uk/nhs-right-to-choose-adult-adhd-assessments/</a>
<b>*Sinclair-Strong Associates</b>	Yes	Yes	<a href="https://sinclairstrong.co.uk/right-to-choose/">https://sinclairstrong.co.uk/right-to-choose/</a>

\*Current pause or waiting time extension for new assessments

**CYP ADHD:**

<b>Provider</b>	<b>Assessment</b>	<b>Treatment &amp; management</b>	<b>Further information</b>
<b>CARE ADHD</b>	Yes	Yes	<a href="https://www.careadhd.co.uk/your-right-to-choose">https://www.careadhd.co.uk/your-right-to-choose</a>
<b>*Clinical Partners</b>	Yes	Yes	<a href="https://www.clinical-partners.co.uk/nhs-right-to-choose-assessments-and-medication/">https://www.clinical-partners.co.uk/nhs-right-to-choose-assessments-and-medication/</a>
<b>Community Assessment Therapy services</b>	Yes	No	<a href="https://www.catservices.uk/page-right-to-choose.html">https://www.catservices.uk/page-right-to-choose.html</a>
<b>Evolve Psychology</b>	Yes	No	<a href="https://evolvepsychology.com/right-to-choose">https://evolvepsychology.com/right-to-choose</a>

<b>Held Health</b>	Yes	Yes	<a href="https://www.held.health/right-to-choose">https://www.held.health/right-to-choose</a>
<b>Help for Psychology Services</b>	Yes	No	<a href="https://help4psychology.co.uk/right-to-choose/">https://help4psychology.co.uk/right-to-choose/</a>
<b>Psicon</b>	Yes	Yes	<a href="https://www.psicon.co.uk/nhs/patients#introduction">https://www.psicon.co.uk/nhs/patients#introduction</a>
<b>Oakdale Centre</b>	Yes	Yes	<a href="https://www.psicon.co.uk/nhs/patients#introduction">https://www.psicon.co.uk/nhs/patients#introduction</a>
<b>The Owl Centre</b>	Yes	Yes	<a href="https://www.theowl.org/nhs-right-to-choose/">https://www.theowl.org/nhs-right-to-choose/</a>

\*Current pause or waiting time extension for new assessments

### ASD ASSESSMENTS:

<b>Provider</b>	<b>CYP</b>	<b>Adults</b>	<b>Further information</b>
<b>CARE ADHD</b>	Yes	No	<a href="https://www.careadhd.co.uk/your-right-to-choose">https://www.careadhd.co.uk/your-right-to-choose</a>
<b>*Clinical Partners</b>	Yes	Yes	<a href="https://www.clinical-partners.co.uk/nhs-right-to-choose-assessments-and-medication/">https://www.clinical-partners.co.uk/nhs-right-to-choose-assessments-and-medication/</a>
<b>Community Assessment Therapy services</b>	Yes	No	<a href="https://www.catservices.uk/page-right-to-choose.html">https://www.catservices.uk/page-right-to-choose.html</a>
<b>Evolve Psychology</b>	Yes	No	<a href="https://evolvepsychology.org/">https://evolvepsychology.org/</a>
<b>Harley Mental Health Ltd.</b>	No	Yes	<a href="https://hsmh.co.uk/nhs-assessments/">https://hsmh.co.uk/nhs-assessments/</a>
<b>Held Health</b>	Yes	No	<a href="https://www.held.health/right-to-choose">https://www.held.health/right-to-choose</a>
<b>Help4 Psychology</b>	Yes	No	<a href="https://help4psychology.co.uk/right-to-choose/">https://help4psychology.co.uk/right-to-choose/</a>
<b>Kirsop-Taylor Healthcare Ltd, (KT Healthcare)</b>	Yes	Yes	<a href="https://www.kirsoptaylorhealthcare.com/right-to-choose/about-right-to-choose">https://www.kirsoptaylorhealthcare.com/right-to-choose/about-right-to-choose</a>

<b>Insight Diagnostics Global Ltd</b>	No	Yes	<a href="https://insightdiagnostics.co.uk/adhd-asd/">https://insightdiagnostics.co.uk/adhd-asd/</a>
<b>Oakdale Centre</b>	Yes	Yes	<a href="https://www.oakdalegroup.org/neurodevelopmental-service-autism-adhd-medication/">https://www.oakdalegroup.org/neurodevelopmental-service-autism-adhd-medication/</a>
<b>Paloma Health</b>	Yes	No	<a href="https://www.paloma.health/services/children/autism-assessment">https://www.paloma.health/services/children/autism-assessment</a>
<b>Problemshared</b>	Yes	Yes	<a href="https://www.problemshared.net/right-to-choose">https://www.problemshared.net/right-to-choose</a>
<b>Psicon</b>	Yes	No	<a href="https://www.psicon.co.uk/nhs/patients#introduction">https://www.psicon.co.uk/nhs/patients#introduction</a>
<b>Psychiatry UK</b>	No	Yes	<a href="https://psychiatry-uk.com/right-to-choose/">https://psychiatry-uk.com/right-to-choose/</a>
<b>RTN Mental Health Solutions Ltd</b>	Yes	Yes	<a href="https://rtnmentalhealth.co.uk/nhs-services/right-to-choose/">https://rtnmentalhealth.co.uk/nhs-services/right-to-choose/</a>
<b>*Sinclair Strong Associates</b>	No	Yes	<a href="https://sinclairstrong.co.uk/right-to-choose/">https://sinclairstrong.co.uk/right-to-choose/</a>
<b>Skylight Psychiatry</b>	Yes	No	<a href="https://www.skylightpsychiatry.co.uk/nhs-right-to-choose-adult-adhd-assessments/">https://www.skylightpsychiatry.co.uk/nhs-right-to-choose-adult-adhd-assessments/</a>
<b>The Owl Centre</b>	Yes	Yes	<a href="https://www.theowl.org/nhs-right-to-choose/">https://www.theowl.org/nhs-right-to-choose/</a>

**\*Current pause or waiting time extension for new assessments**

### **Important supporting information:**

- Referrals for an independent assessment only services through Right to Choose, **will not** give any subsequent quicker route into local treatment services, if required.
- Practices should be aware that by referring to an independent provider through Right to Choose for ADHD assessment & treatment, then they may also be asked to enter into a shared care arrangements for prescribed medication.
- If a patient has already waited more than 18 weeks before their first assessment appointment or to start treatment, then if requested, patient choice guidance allows them to be referred instead to another provider (see section 4 of NHS Choice Framework guidance in link at start of this article). However, the referral to the previous provider should always be cancelled, as they should not be on two waiting lists for the same service.

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- If a patient wishes to be referred to a provider not on the above list, please contact the ICB so we can check the company hold a relevant NHS 'qualifying' contract?

Mental Health & Learning Disabilities Commissioning Team

LLR ICB

18<sup>th</sup> May 2026

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