

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 May 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.

We have therefore highlighted those providers currently known to have sufficient referrals to meet this year’s indicative activity Plan allocation. This means they are either pausing the acceptance of new referrals or waiting times new assessments will be extended into the next financial year.

For all cases, it is 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
*Harrow Health CIC	Yes	Yes	ADHD Referral Through NHS Right to Choose Harrow Health
The Owl Centre	Yes	Yes	ADHD and Autism Right to Choose services The Owl Centre UK
*CARE ADHD	Yes	Yes	NHS Right to Choose ADHD Assessment — CARE ADHD
*Clinical Partners	Yes	Yes	NHS Right to Choose Clinical Partners
*ADHD 360	Yes	Yes	Right To Choose ADHD Diagnosis And Treatment ADHD360
*Berkeley Psychiatrists	Yes	Yes	NHS Right to Choose
*Dr. J & Colleagues	Yes	Yes	Psychiatry UK Right To Choose Dr J and Colleagues

Harley Mental Health Ltd.	Yes	Yes	NHS Neurodevelopmental Assessments Harley Street Clinic
*Medinet Minds (formally Health Harmonies Minds)	Yes	Yes	NHS (RTC) neurodiversity services - Medinet Minds
Innovate ADHD Ltd	Yes	Yes	NHS Patients Right to Choose ADHD Assessment Innovate ADHD
Insight Diagnostics Global Ltd	Yes	Yes	ADHD & ASD Assessments Maidstone, Kensington, Canterbury, South Kensington, Chelsea
*LaTahzan Ltd	Yes	Yes	NHS ADHD Referral Form – LaTahzan CRM
*MentalWell	Yes	Yes	Home Mentalwell Online ADHD and Autism Assessment
Modality LLP	Yes	Yes	ADHD – Right to Choose (NHS Patients) - Modality LLP
Montrose Health Group	Yes	Yes	Right to Choose Montrose Health Group
Problemshared	Yes	Yes	NHS Right to Choose Autism & ADHD assessments
Oakdale Centre	Yes	Yes	https://www.oakdalegroup.org/right-to-choose
Psychiatry UK	Yes	Yes	Right To Choose ADHD Psychiatry-UK Limited
RTN Mental Health Solutions Ltd	Yes	Yes	Right to Choose Autism & ADHD Assessments - RTN Mental Health
*Skylight Psychiatry	Yes	Yes	NHS Right to Choose Adult ADHD Assessments
*Sinclair-Strong Associates	Yes	Yes	Right to Choose Sinclair-Strong Consultants Ltd
The Aspen Clinic	Yes	Yes	Right to Choose - The Aspen Clinic
The Retreat York	Yes	Yes	Mental Health Support in York, Manchester & Online The Retreat Clinics The Retreat Clinics
Well Life Ltd	Yes	Yes	ADHD Clinic - Well Life Clinic

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

CYP ADHD:

Provider	Assessment	Treatment & management	Further information
*ADHD360	Yes	Yes	Right To Choose ADHD Diagnosis And Treatment ADHD360
*CARE ADHD	Yes	Yes	NHS Right to Choose ADHD Assessment — CARE ADHD
*Clinical Partners	Yes	Yes	NHS Right to Choose Clinical Partners
Community Assessment Therapy services	Yes	No	NHS Right to Choose Autism and ADHD assessments Community Assessment Therapy Services
*Dr. J & Colleagues	Yes	Yes	Psychiatry UK Right To Choose Dr J and Colleagues
Evolve Psychology	Yes	No	Right to Choose ADHD & Autism Assessments
Held Health	Yes	Yes	Right to Choose CYP Autism (ASD) & ADHD assessments with Held Health in support of the NHS — Held Health
Help for Psychology Services	Yes	No	NHS Right To Choose For ADHD & Autism Assessments
*Medinet Minds (formally Health Harmonies Minds)	Yes	Yes	NHS (RTC) neurodiversity services - Medinet Minds
Mind Professionals	Yes	Yes	NHS Right to Choose at Mind Professionals Neurodevelopmental Service Mind Professionals — Neurodevelopmental Service
Montrose Health Group	Yes	Yes	Right to Choose Montrose Health Group
*Paloma Health	Yes	Yes	NHS Autism & ADHD Assessments for Children Paloma Health
Provide Wellbeing	Yes	Yes	Understanding NHS Right to Choose Self Pay Healthcare in Essex Wellbeing
*Psicon	Yes	Yes	Right to Choose UK NHS Referral Process

Oakdale Centre	Yes	Yes	https://www.oakdalegroup.org/right-to-choose
The Owl Centre	Yes	Yes	ADHD and Autism Right to Choose services The Owl Centre UK
The Aspen Clinic	Yes	Yes	Right to Choose - The Aspen Clinic

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

ASD ASSESSMENTS:

Provider	CYP	Adults	Further information
*ADHD360	Yes	Yes	Right To Choose ADHD Diagnosis And Treatment ADHD360
Atrom Mindcare	No	Yes	Which ICBs Can Refer to Us? Atrom Mindcare
Axia (ASD)	No	Yes	Axia ASD - Cheshire Autism Spectrum Disorder and Aspergers Diagnosis - Autistic Diagnostic Service
*Berkeley Psychiatrists	No	Yes	NHS Right to Choose
*CARE ADHD	Yes	No	NHS Right to Choose ADHD Assessment — CARE ADHD
*Clinical Partners	Yes	Yes	NHS Right to Choose Clinical Partners
Community Assessment Therapy services	Yes	No	NHS Right to Choose Autism and ADHD assessments Community Assessment Therapy Services
Evolve Psychology	Yes	No	Evolve Independent Psychology & Neurodevelopmental Practice
Harley Mental Health Ltd.	No	Yes	NHS Neurodevelopmental Assessments Harley Street Clinic
Held Health	Yes	No	Right to Choose CYP Autism (ASD) & ADHD assessments with Held Health in support of the NHS — Held Health
Help4 Psychology	Yes	No	NHS Right To Choose For ADHD & Autism Assessments

*Kirsop-Taylor Healthcare Ltd, (KT Healthcare)	Yes	Yes	About Right to Choose
Insight Diagnostics Global Ltd	No	Yes	https://insightdiagnostics.co.uk/adhd-asd/
*Medinet (formally 'Health Harmonies Minds')	Yes	Yes	ADHD & ASD Assessments Maidstone, Kensington, Canterbury, South Kensington, Chelsea
Mind Professionals	Yes	Yes	NHS Right to Choose at Mind Professionals Neurodevelopmental Service Mind Professionals — Neurodevelopmental Service
Montrose Health Group	Yes	Yes	Right to Choose Montrose Health Group
Oakdale Centre	Yes	Yes	https://www.oakdalegroup.org/right-to-choose
*Paloma Health	Yes	No	NHS Autism & ADHD Assessments for Children Paloma Health
Problemshared	Yes	Yes	NHS Right to Choose Autism & ADHD assessments
*Psicon	Yes	No	Right to Choose UK NHS Referral Process
Psychiatry UK	No	Yes	Right To Choose ADHD Psychiatry-UK Limited
RTN Mental Health Solutions Ltd	Yes	Yes	Right to Choose Autism & ADHD Assessments - RTN Mental Health
*Sinclair Strong Associates	No	Yes	Right to Choose Sinclair-Strong Consultants Ltd
*Skylight Psychiatry	Yes	No	NHS Right to Choose Adult ADHD Assessments
The Owl Centre	Yes	Yes	ADHD and Autism Right to Choose services The Owl Centre UK
The Aspen Clinic	Yes	Yes	Right to Choose - The Aspen Clinic
The Retreat York	No	Yes	Mental Health Support in York, Manchester & Online The Retreat Clinics The Retreat Clinics

***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 healthcare provider through Right to Choose for ADHD assessment & treatment, then the Practice 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 list for the same service.
- 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

September 2026

E-mail: llricb-llr.contractingadmin@nhs.net