

**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 September 2025.

**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 has been agreeing ‘Indicative Activity Plan’ budgets with our major independent providers in 2025/26.

In terms of working within the indicative budgets, we are 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 2025/26.

As we come into the final quarter of this financial year, an increasing number of providers are reaching a position where they will either need to pause or increase wait times for new assessments, to stay within their indicative budget.

**The providers currently affected by this pause or increase of waiting times for new assessments are highlighted with a \* in the next section list.**

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/>

Finally, please note referral can still be made to all providers and we will be ‘reset’ budgets with all providers for the new 2026/27 financial year. This should mean that most providers that have currently paused booking of new assessments, can recommence these from April 2026 onwards.

## 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	<a href="https://adhdrighttochoose.com/information-for-gps/">https://adhdrighttochoose.com/information-for-gps/</a>
The Owl Centre	Yes	Yes	<a href="https://www.theowl.org/nhs-right-to-choose/">https://www.theowl.org/nhs-right-to-choose/</a>
*ADHD 360	Yes	Yes	<a href="https://www.adhd-360.com/right-to-choose/">https://www.adhd-360.com/right-to-choose/</a>
*CARE ADHD	Yes	Yes	<a href="https://www.careadhd.co.uk/your-right-to-choose">https://www.careadhd.co.uk/your-right-to-choose</a>
*Clinical Partners	Yes	Yes	<a href="https://www.clinical-partners.co.uk/nhsservices/right-to-choose">https://www.clinical-partners.co.uk/nhsservices/right-to-choose</a>
*Dr. J & Colleagues	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>
*LaTahzan Ltd	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-service-autism-adhd-medication/">https://www.oakdalegroup.org/neurodevelopmental-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://www.rtniagnostics.com/right-to-choose">https://www.rtniagnostics.com/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>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>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>*Clinical Partners</b>	Yes	Yes	<a href="https://www.clinical-partners.co.uk/nhsservices/right-to-choose">https://www.clinical-partners.co.uk/nhsservices/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>Held Health</b>	Yes	Yes	<a href="https://www.held.health/right-to-choose">https://www.held.health/right-to-choose</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:

Provider	CYP	Adults	Further information
<b>Axia (ASD)</b>	No	Yes	<a href="https://axia-asd.co.uk/">https://axia-asd.co.uk/</a>
<b>*Clinical Partners</b>	Yes	Yes	<a href="https://www.clinical-partners.co.uk/nhsservices/right-to-choose">https://www.clinical-partners.co.uk/nhsservices/right-to-choose</a>
<b>Community Assessment Therapy services</b>	Yes	No	<a href="https://www.cat-services.uk/page-right-to-choose.html">https://www.cat-services.uk/page-right-to-choose.html</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://kirsop-taylorhealthcare.com/right-to-choose-page-new/">https://kirsop-taylorhealthcare.com/right-to-choose-page-new/</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>Provide Wellbeing</b>	Yes	Yes	<a href="https://providewellbeing.co.uk/">https://providewellbeing.co.uk/</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://www.rtn-diagnostics.com/right-to-choose">https://www.rtn-diagnostics.com/right-to-choose</a>
<b>Skylight Psychiatry</b>	Yes	No	<a href="https://www.skylightpsychiatry.co.uk/nhs-right-to-choose/">https://www.skylightpsychiatry.co.uk/nhs-right-to-choose/</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>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 to 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 shared care arrangements for prescribed medication.
- If a patient has been referred to a service, but the first appointment waiting time is over 18 weeks, 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 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

19<sup>th</sup> January 2026

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