

*Your full name*

*Your date of birth*

*Your NHS number, if known*

*Your address*

*Your phone or email*

*Today's date*

*GP practice name*

*Practice address*

Dear Doctor,

**Subject: Request for NHS Right to Choose referral for adult ADHD assessment**

I am writing to ask you to refer me, under my NHS Right to Choose, for an adult ADHD assessment.

I understand that under the NHS Choice Framework I have a legal right to choose any approved provider in England that holds an NHS contract for ADHD assessment. The cost is met by the NHS commissioner; there is no financial difference to the practice or to the local Integrated Care Board's standard pathway budget. I understand the referral is made through the NHS e-Referral Service.

The provider I would like to be referred to is:

*Provider name (for example: Psychiatry-UK, ADHD 360, Clinical Partners) - or leave blank if you are open to any approved provider*

If that provider is not currently available in my area or is not currently accepting referrals under the local Indicative Activity Plan, I am happy to be referred to any other approved Right to Choose provider with availability.

For your reference:

- The NHS guidance on Choice of provider is at [nhs.uk/using-the-nhs/about-the-nhs/your-choices-in-the-nhs/](https://www.nhs.uk/using-the-nhs/about-the-nhs/your-choices-in-the-nhs/)
- The provider list and current wait-time information is at [adhduk.co.uk/right-to-choose/right-to-choose-wait-times/](https://adhduk.co.uk/right-to-choose/right-to-choose-wait-times/)

I appreciate that GPs are not routinely trained on Right to Choose referrals and I am happy to discuss any concerns or alternative options at the appointment. If there is anything you need from me to complete the e-Referral, please let me know.

Thank you for your time and care.

Yours sincerely,

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*Your name printed*

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*This template was prepared by neurodivarsity.com as a free resource for adults navigating NHS Right to Choose for ADHD. It is not legal advice. Last updated 2026-04-28. Latest version is at [neurodivarsity.com/downloads/gp-letter.pdf](https://neurodivarsity.com/downloads/gp-letter.pdf).*