Dear Patient

You have asked your GP practice to support a referral for an ADHD assessment under the Right to Choose service. If this is clinically appropriate, we are happy to help with the referral and will either send it directly to your chosen provider or provide it to you, depending on your preference.

We understand that seeking support for ADHD can feel overwhelming, so we want to offer clear guidance on what to expect and how to make an informed choice.

**Making a Choice**

Under RTC, it is your right to choose an appropriate provider for your ADHD assessment. Your GP cannot select a provider on your behalf, but you can find a list of NHS-commissioned services, including private companies with NHS contracts, on websites such as <https://adhduk.co.uk/>

Once you’ve made your choice, please let the practice know. We will then guide you through the next steps.

**Referral Process**

Each provider may have its own referral forms and processes. To streamline this, we use a standardised referral format that covers the core information most providers need. You may be asked to complete a questionnaire and an ADHD self-assessment form to support your referral. If further information is needed, the provider will contact either you or us directly.

**Prescribing Medication**

If the RTC provider recommends medication, they should begin the prescribing themselves. Some may ask your GP to continue prescribing under a shared care agreement, but this is not always possible.

GPs must consider safety and continuity of care before taking on prescribing responsibility. Many RTC providers operate nationally, each with their own systems, staff, and clinical procedures. This can make it difficult for us to ensure safe and consistent care—particularly when prescribing ADHD medication, which requires careful monitoring.

For these reasons, your GP may not be able to enter into a shared care agreement with an RTC provider. This is not a matter of unwillingness, but rather a decision based on safety, clinical responsibility, and the limits of our available resources.

Additionally, if the RTC provider ceases trading or loses its NHS contract, prescriptions and care may end without notice, which poses further risks for patient safety.

**Before You Proceed**

We encourage you to use this information to help choose a provider that can offer both diagnosis and follow-up care, including prescribing and monitoring if needed. It may also be helpful to share this letter with your chosen provider so they understand the position of your GP practice regarding ongoing care.

We hope this helps clarify the process and supports you in accessing the care you need.

Kind regards,

Practice Name / GP Team