



Frequently Asked Questions: Right to Choose - Adults (18+)



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Section 1: New Enquiries

How can I access a right to choose referral?

Under the NHS Right to Choose framework, referrals must be made by your GP. Please book an appointment with your GP to discuss your concerns. If your GP agrees that a referral is clinically appropriate, they can complete our referral form on our [website here](#).

We have found that sometimes GPs may not be aware of the 'Right to Choose' pathway or may refuse to refer you. If this happens, you can inform them that Psicon are commissioned as an NHS provider - by Sussex and Surrey Heartlands ICB to provide adult ADHD assessments, and by Devon ICB to provide adult autism assessments.

Can I self-refer?

No. Under the NHS Right to Choose framework, we can only accept referrals from your GP.

Do Psicon accept all referral requests?

For adults, we accept referrals for ADHD and autism assessments (or both). We cannot accept referrals for adults:

- For medication/treatment if assessed by another provider
- Who pose a risk to themselves or others
- Who have co-morbid mental health or severe learning difficulties that significantly affect their ability to participate in a valid assessment

Where do assessments take place?

Assessments can take place either face-to-face (in Canterbury, Kent) or online if clinically suitable.

I have an ADHD diagnosis. Can my GP refer me for the medication pathway only?

We cannot accept 'right to choose' referrals for medication initiation/review if you have already been diagnosed with ADHD by another provider, whether privately or through the NHS.

(Please note, the only exception is for adult patients registered at a GP surgery in the Kent & Medway ICB. Your GP can refer by emailing kmicb.psicon.adults@nhs.net)

I have had a private assessment, but it's not recognised by the NHS. Can I access a right to choose assessment?

Yes. If you have only had a privately funded assessment, you would be eligible for an NHS assessment through the right to choose referral pathway. However, please be aware that the NHS assessment outcome may differ from the results of your private assessment.

I have had an NHS-funded assessment previously, but I am looking for a re- assessment. Can I have another referral?

If you've already received an NHS or Right to Choose-funded assessment, regardless of the outcome, we cannot process a new referral. If you need a re-assessment, we recommend contacting your original assessor or local NHS provider for further support.



Where can I find out more information about my 'Right to Choose'?

If you would like more information about your NHS right to choose, you can visit the following links:

- [Gov UK - NHS Choice Framework](#)
- [Your Choices in the NHS](#)

Section 2: Referral Update

How will I know when you have received my referral?

If your GP submits their referral using our online referral form on our [website](#), you will hear from us almost immediately via email.

If your GP submits their referral another way, due to the high volume of submissions and processing time, this can take up to 4 weeks. If you haven't heard from us after this time:

- Check with your GP to confirm the referral submission date
- Contact us by phone at 01227 379099 for further assistance (providing GP submission date to help us investigate)

What are the waiting times for assessment?

For referrals received from 14th October 2025: the current waiting time for an adult ADHD or autism assessment is approximately 9-12 months.

For referrals received prior to 14th October 2025: the current waiting time for an adult ADHD or autism assessment is approximately 5 months.

Please note that waiting times are subject to change depending on demand and the timely return of all pre-assessment paperwork. We will keep our website updated with any changes to the waiting times.

Section 3: Questionnaires & Screening Process

What is an "observer"?

We ask that questionnaires are completed by someone who knows you well—ideally, someone who has known you since childhood (e.g., a parent, grandparent, etc.). This person is referred to as an "observer."

If you're concerned that your observer may not be supportive of the assessment, try not to worry. While this can happen, the input from someone who has known you from an early age is an important part of the process. Completing this step is necessary to move forward with the assessment.

If you're unsure who to ask to be your observer, please feel free to contact our assistant psychology team via email at NDLS.AP@psicon.co.uk for guidance.

I am having trouble completing the paperwork, what should I do?

If you're having issues with the paperwork, or need the questionnaires in a different format, please do not hesitate to call us at 01227 379099. This applies whether you are a patient, observer, or professional.

All screening questionnaires have been returned. What happens now?

You will receive an automatic notification every time one of the questionnaires is completed (either by you or your observer). Once all the questionnaires are returned, the clinical team will review them and contact you with an outcome within six weeks.

I have not been accepted for an assessment – can I appeal?

If you wish to appeal the decision, please provide additional supporting information from a health, education or social care professional. New information should be sent to the clinical team by email to NDLS.AP@psicon.co.uk



Section 4: Assessment Pathway

Can you explain the right to choose assessment process from beginning to end?

We understand that the process can feel overwhelming, so here's a clear outline of the assessment journey at Psicon:

- **GP Referral:** Schedule an appointment with your GP to discuss your concerns and suitability for a Right to Choose referral.
- **Referral Submission:** Your GP will complete the online referral form on our website.
- **Referral Processing:** We'll process the referral and contact you to confirm receipt.
- **Screening Questionnaires:** You and your observer will complete screening questionnaires to determine the clinical need for an assessment.
- **Outcome Notification:** Within six weeks of receiving the questionnaires, we'll inform you whether you have been added to the waitlist.
- **Assessment Booking:** Once you reach the top of the waitlist, we'll contact you by phone to arrange an assessment date.
- **Appointment:** More information about what to expect during your appointment will be provided at the time of booking.
- **Report:** A full report outlining the rationale for the conclusion, along with any recommendations, will be provided to yourselves and the GP.
- **Medication:** If diagnosed with ADHD, you may wish to consider medication. This option can be considered with a specialist, either immediately or up to one year after the diagnosis (without seeking a new referral).

What can I do whilst I wait for an assessment?

We understand that waiting for an assessment may be a challenging or anxious time. While you wait, you may find some of the following organisations helpful for information or support (you do not need to have a diagnosis to access these services):

- The National Attention Deficit Disorder Information and Support Service (ADDISS): A charity offering information and resources about ADHD. www.addiss.co.uk
- National Autistic Society (NAS): Provides advice and guidance for families and autistic people, with an online community and directory of services. They also run volunteer-led branches offering support, information, and activities. www.autism.org.uk
- Local Offer: Search for your council's "Local Offer" to find support services available for people with special educational needs and disabilities in your area.

If you are experiencing mental health difficulties, we would recommend speaking to your local mental health service, GP, or calling 111. If you feel like you're in crisis or unable to keep yourself safe, contact emergency services on 999 or visit your nearest A&E department.

What happens after the assessment?

Following the assessment appointment, the clinical team will write a thorough report outlining their reasons for the outcome, along with recommendations and any necessary referrals. This report can take up to eight weeks to be sent out and will be sent directly to you and to your GP. After receiving your report, you can arrange an online meeting with someone in the clinical team if you have any other questions.



Section 5: Medication Pathway

Can I access medication, if I am diagnosed with ADHD by your service?

Yes, we can offer medication (if clinically suitable) following an assessment by Psicon. As this is an NHS service, you will receive NHS prescriptions, which are charged at the standard NHS rate by your local pharmacy.

Please note we are unable to offer a titration service if you have been assessed by a different provider.

Is there a waiting list for medication/titration following assessment for ADHD?

The current waiting time for medication is approximately 3-6 months after diagnosis.

What does the ADHD medication/titration pathway involve?

If you are diagnosed with ADHD and you wish to discuss medication options, you can contact our ADHD team at ADHDteam@psicon.co.uk to request an appointment with a specialist prescriber. During this appointment, we will:

- Discuss the risks and benefits of ADHD medication
- Review your height, weight and blood pressure
- If appropriate, create a treatment plan and issue the first prescription.

In some cases, additional tests (such as an echocardiogram or blood tests) may be required from your GP or another service before we can issue the first prescription.

Once you start your medication, you will need to attend regular appointments with the prescriber. When you are stable, we will request a shared care agreement with your GP. If accepted, your GP will take over the routine monitoring and prescribing. If your GP refuses the shared care request, don't worry - you'll still be able to access your prescriptions through Psicon.

Please note, some appointments may need to be in person if the specialist determines remote appointments are not clinically suitable. If remote appointments are possible, you will need to obtain regular and accurate height, weight, blood pressure and pulse readings in line with your treatment plan. We will provide guidance on how to do this accurately at home.