



Right to Choose

Waiting Times

July 2026



Waiting Times

Waiting times for NHS Right to Choose assessments vary depending on where you live. Each area is managed by an NHS Integrated Care Board (ICB), which sets how many assessments providers like Psicon can deliver each year.

For 1 April 2026 – 31 March 2027, some ICBs have set very low activity levels, meaning fewer assessments can be offered. As a result, waiting times may be longer than usual and, in some cases, may extend beyond March 2027.

Current Position by Area

No routine assessment activity being funded (other than high-priority cases, subject to ICB approval):

- Hampshire & Isle of Wight
- Greater Manchester
- Somerset
- West Yorkshire
- Northwest London & North Central London
- Birmingham & Solihull
- North East & North Cumbria
- Kent & Medway

Very limited activity being funded (longer waits expected):

- Lancashire & South Cumbria (Adult ADHD assessments only – all other services unaffected)
- Thames Valley
- Coventry and Warwickshire

For **all other areas** not listed above, current estimated waiting times are:

- Children's autism and ADHD assessments: 9–12 months
- Adult ADHD assessments: approximately 3 months
- Adult autism assessments: approximately 12 months

Prior Approval Schemes

Under NHS Right to Choose guidance, some ICBs operate 'Prior Approval Schemes'. This means your referral must first be reviewed and approved by a local NHS triage service before an assessment can go ahead.



Areas requiring prior approval:

- Southeast London (adult ADHD only)
- South Yorkshire (children and young people under 18 in the Rotherham area only)
- Black Country

Other Important Information

Medication: If you (or your child) are already on the waiting list or receiving ADHD medication through Psicon, your care will continue as normal.

We understand that these extended waits are frustrating. These decisions are made locally by the NHS and apply to all Right to Choose providers. We continue to accept referrals for all areas (even if it's currently paused or limited) and will update this page as new information becomes available.