

Waiting Times

Waiting times for NHS Right to Choose assessments vary depending on your Integrated Care Board (ICB). Each ICB determines the level of assessment activity that providers such as Psicon can deliver for patients in its area.

For 1 April 2026 to 31 March 2027, some ICBs have funded fewer assessments, which means waiting times in those areas may be longer than usual and, in some cases, may extend beyond March 2027.

Psicon continues to accept referrals from **all areas**, including those where routine assessment activity is limited. Please find your ICB below for the current position.

A Current Position by ICB

ICB	Current position	Waiting time / details
Bath and North East Somerset, Swindon and Wiltshire	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Birmingham & Solihull	No routine activity funded	High-priority cases only, subject to ICB approval · Prior approval required
Black Country	Limited activity	Longer waits expected · Prior approval required
Bristol, North Somerset & South Gloucestershire	Limited activity	Longer waits expected
Central East	Limited activity	Longer waits expected
Cheshire & Merseyside	Mixed	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD limited / longer wait
Cornwall & Isles of Scilly	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Coventry & Warwickshire	Limited activity	Longer waits expected
Derby & Derbyshire	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Devon	Mixed	Child autism 12 weeks · Child ADHD 4 weeks · Adult ADHD 2 weeks · Adult autism limited / longer wait
Dorset	Limited activity	Longer waits expected



Essex	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Gloucestershire	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Greater Manchester	No routine activity funded	High-priority cases only, subject to ICB approval
Hampshire & Isle of Wight	No routine activity funded	High-priority cases only, subject to ICB approval
Herefordshire & Worcestershire	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Humber & North Yorkshire	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Kent & Medway	No routine activity funded	High-priority cases only, subject to ICB approval
Lancashire & South Cumbria	Mixed	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD limited / longer wait
Leicester, Leicestershire & Rutland	Limited activity	Longer waits expected
Lincolnshire	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Norfolk & Suffolk	Limited activity	Longer waits expected
North East & North Cumbria	No routine activity funded	High-priority cases only, subject to ICB approval
North East London	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Northamptonshire	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Nottingham & Nottinghamshire	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Shropshire, Telford & Wrekin	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks
Somerset	No routine activity funded	High-priority cases only, subject to ICB approval



South East London	Limited activity	Longer waits expected · Adult ADHD requires prior approval
South West London	Limited activity	Longer waits expected
South Yorkshire	Limited activity	Longer waits expected · Prior approval applies to under-18s in the Rotherham area
Staffordshire & Stoke-on-Trent	Assessments available	Child autism 12 weeks · Child ADHD 4 weeks · Adult autism 4 weeks · Adult ADHD 2 weeks & require prior approval
Surrey & Sussex	Limited activity	Longer waits expected
Thames Valley	Limited activity	Longer waits expected
West & North London	No routine activity funded	High-priority cases only, subject to ICB approval
West Yorkshire	No routine activity funded	High-priority cases only, subject to ICB approval

To find your local ICB, search here: <https://www.nhs.uk/nhs-services/find-your-local-integrated-care-board/> Note your ICB follows your GP practice (rather than your home address).

B About the Waiting Times Shown

- The estimated waiting times above apply to referrals received from **13 August 2026 onwards**.
- Waiting times are measured from the date all requested pre-assessment questionnaires have been completed and returned to Psicon.
- For ADHD assessments and adult autism assessments, the waiting times shown are for online assessments. Face-to-face appointments may have a longer wait.
- Where **limited activity** is shown, the ICB has funded a lower level of assessment activity and longer waits should be expected.
- Where **no routine activity is funded**, high-priority cases may still be considered subject to ICB approval. Waiting times for other referrals will extend beyond March 2027.
- Waiting times are estimates and may change if an ICB changes the level of activity it funds. We will update this page as new information becomes available.

C Prior Approval Schemes

Some ICBs require prior approval before an assessment can go ahead. The process varies depending on the ICB.

For the following ICBs, Psicon will request prior approval after we have received and screened the referral:

- Black Country
- Birmingham and Solihull

For the following ICBs, the referring GP must obtain prior approval before sending the referral to Psicon:

- South Yorkshire – Rotherham locality only, for children and young people under 18



- South East London – Adult ADHD only
- Staffordshire and Stoke-on-Trent – Adult ADHD only

Where GP prior approval is required, please ensure this has been obtained before the referral is submitted to Psicon to avoid any delays.

D High-Priority Cases

- Some ICBs have identified specific circumstances where priority assessments can be prioritised and continue. These priority criteria form part of the agreed NHS commissioning arrangements and are applied consistently to eligible referrals.
- We will check whether a referral meets the relevant high-priority criteria when we review and screen the referral, before confirming whether you have been accepted onto the waiting list.
- If you are already on the waiting list and believe your circumstances have changed significantly, please email assistantpsychology@psicon.co.uk with details and any supporting information. We can then review your circumstances against the priority criteria agreed with your ICB.
- Meeting the priority criteria is determined according to the commissioning arrangements agreed with your ICB.

E Medication

- If you or your child are already on the waiting list for ADHD medication, or are currently receiving ADHD medication through Psicon, your care will continue as normal.
- The current estimated waiting time for a new medication appointment is 16 weeks following the conclusion of the assessment.