

You have been directed to this page if you have enquired about referral for an ADHD assessment.

ADHD - REFERRAL PROCESSES

The process is different for adults and children so please read the below information carefully.

CHILDREN

Ideally ADHD referrals for children should be made through schools. Schools are usually best placed to support with this referral as they have the opportunity to start some of the assessments themselves and have the advantage of longer periods of observation. Therefore, please approach school in the first instance.

If your child is already under CAMHS, it is also worth discussing with your CAMHS team if you feel that an ADHD assessment is needed for your child, as they can also trigger the referral process.

Alternatively, some “right to choose services” accept referrals for children. This involves assessment by a private provider, but this is funded by the NHS. Please look through the list of right to choose providers carefully as not all services accept children, and some have age cut offs:

Right to Choose - ADHD UK

If you decide to pursue a right to choose referral, please complete and submit the following documents to our admin team so that we can process the referral:

- 1) A completed ADHD questionnaire
[SNAP IV Teacher and parent rating scale.pdf](#)
- 2) A typed statement outlining your child’s symptoms and the impact this has on them at home and at school
- 3) A completed referral proforma for your chose right to choose provider – each website has a section to complete for a right to choose referral.

In the meantime, ADHD UK has some helpful resources and sources of support:

Useful Resources - ADHD UK



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ADULTS

For adult referrals please follow the below steps:

STEP 1

Choosing your provider

The adult NHS ADHD service in this area is Manygates which is based in Wakefield. Due to the huge increase in referrals in recent years, the waiting list is over 2 years (as of October 2025), however they are still currently accepting referrals.

Alternatively, you also have the option of a referral through the **Right to Choose pathway**, which involves assessment by a private provider, but this is funded by the NHS. There is a long list of right to choose providers, and the waiting lists vary and change frequently, so it is worth having a look through the below list to check that you meet their referral criteria, that they can initiate medication (if this is something that you are wanting), and that you are aware of their waiting times.

[Right to Choose - ADHD UK](#)

If you would like to pursue a private referral, you do not need a supporting GP letter for this and you can self-refer.

Please be aware if you decide to seek a private referral for ADHD diagnosis, any treatment started by a private provider will not be taken over by the practice. This is only done when ADHD medications are started by NHS or right to choose services. In this case, the practice may agree to take these over under “shared care” once you have been stabilised on a medication. In addition, NHS GPs are not under any obligations to perform investigations on behalf of private providers before they initiate medication, for example ECG tracings and blood tests.



STEP 2

Once you have decided which provider you would like to proceed with, please complete and submit the following documents to our admin team so that we can process the referral

- 4) A completed ADHD questionnaire [10852 elto question fhp2.PDF](#)
- 5) A typed statement outlining your symptoms and the impact this has on you at home, work and relationships
- 6) A completed referral proforma for your chose right to choose provider – each website has a section to complete for a right to choose referral.

If you would like to be referred to Manygates, there is no self-referral form for this, please just complete the above 2 items.

Once we have received the above paperwork, the practice will make the referral to your selected provider. You should then hear directly from that service.

As the waiting list for all providers is usually several months, we recommend taking a look at the resources on this website for support in the meantime:

[ADHD UK - Homepage - ADHD UK](#)

Credit to Ivy Grove Surgery for allowing permission for us to adapt their ADHD webpage

