

[insert your home address here]
[insert your email address here]

[insert date here]

Dear [insert name of your GP here]

I understand that under the NHS Constitution, I now have the right to choose from where I receive my treatment for any of my mental health issues, when referred by a GP to a consultant or specialist in mental health. This change in the law is set out in NHS Gateway Publication number 07661, "Choice in Mental Health Care", updated in February 2018.

The criteria for referral if I am deemed clinically suitable for an ADHD assessment by my GP, are that "I (*insert your name here*) must be offered, in respect of a first outpatient appointment with a team led by a named consultant or a named healthcare professional, a choice of any clinically appropriate health service provider with whom any relevant body has a commissioning contract for the service required as a result of the referral, and a choice of a team led by a named consultant or a named healthcare professional."

The legal rights to a choice of mental health provider and team apply when a patient is seeking an elective referral for a first outpatient appointment and is referred by a GP. The referral must be clinically appropriate, and the service provider must have a commissioning contract with any Integrated Care Board (ICB) or NHS England for the required service.

Having researched the subject and undertaken a self-assessment, using an accredited online rating scale, I believe that I have the neurodevelopmental condition, Attention Deficit (Hyperactivity) Disorder. I am happy to provide you with a copy of this rating scale or to fill out one that you provide if you would like to have a look at it.

If you agree that there does seem to be an indication that I might have AD(H)D and agree that I should be referred to a consultant or specialist for this, I would like to use my Right to Choose to be referred to Psychiatry UK who fulfil the referral criteria as they have a commissioning contract with the following ICB:

- NHS Bedfordshire, Luton and Milton Keynes Integrated Care Board (ICB), 3rd Floor, Arndale House, The Mall, Luton LU1 2LJ

The Adult ADHD Service is led by Dr Stephen Ilyas, BSc (Hons), MBBS, BDS, MRCPsych.

Kind regards

[your name and signature]

Please also include this sheet for your GP.

GP Information:

Note: Patients who live in an area that falls under the above named ICB, do not need to exercise their right to choose Psychiatry UK as their provider. The ICB will refer the patient to Psychiatry UK directly.

IMPORTANT: PLEASE NOTE THE FOLLOWING:

In order to be accepted the referral **must:**

- Be addressed to Psychiatry UK
- State that the patient is to be referred to Psychiatry UK for an ADHD Assessment under the NHS Right to Choose Legislation
- Be signed off by a GP
- Include a brief medical summary of the patient along with patient contact details (phone **and** email address)

Referral documents can be sent as attachments to p-uk.RTC-referrals@nhs.net.

Alternatively, the address for written referrals is:

**Psychiatry UK
3b Fore Street
Camelford
Cornwall
PL32 9PG**