

UK ADHD Assessment Providers

Reference Guide - April 2026

A quick-reference guide to UK ADHD assessment providers. Covers Right to Choose (NHS-funded) and private options across England.

Key

RtC = Right to Choose (NHS-funded, free to you)

Private = you pay out of pocket

National Providers (Right to Choose)

Provider	Coverage	RtC Wait	Private Cost	Private Wait	Notes
Psychiatry-UK psychiatry-uk.com Right to Choose	Nationwide (video)	8-12 weeks	£700-950	4-8 weeks	Largest UK provider. First choice for most RtC referrals.
Clinical Partners clinical-partners.co.uk Right to Choose	Nationwide (video + face-to-face)	8-16 weeks	£700-950	4-8 weeks	Experienced team, flexible times, good post-diagnosis support.
ADHD 360 adhd-360.com Right to Choose	Nationwide (video + face-to-face)	10-16 weeks	£600-800	6-10 weeks	ADHD specialist. All clinicians focus on ADHD only.
National Waiting Times Clinic nwtc.co.uk Right to Choose	Parts of England	Varies	N/A	N/A	NHS contract provider. Availability varies by region.

London and South East

Provider	Coverage	RtC Wait	Private Cost	Private Wait	Notes
Harrow Health adhdrighttochoose.com Right to Choose	London / nationwide via RtC	6-10 weeks	N/A	N/A	One of the shortest NHS wait times. NHS contract since 2015. Highly recommended.
The ADHD Centre theadhdcentre.co.uk	London / South East	N/A	£800-1,200	4-8 weeks	Specialist adult ADHD centre. High quality, primarily London.
Psychiatry Online psychiatry-online.co.uk	Nationwide (video only)	N/A	£450-650	2-3 weeks	Fastest turnaround. Video only. Can feel rushed.

North West England

Provider	Coverage	RtC Wait	Private Cost	Private Wait	Notes
Adult ADHD Northwest adultadhdnorthwest.com	Greater Manchester area	N/A	Varies	Varies	Regional ADHD specialist for the North West.
Spectrum North West spectrumnorthwest.org	Warrington / North West	N/A	Varies	Varies	Face-to-face assessments. Also covers autism.

Midlands

Provider	Coverage	RtC Wait	Private Cost	Private Wait	Notes
Advanced Assessments advancedassessments.co.uk	West Midlands	N/A	£550	Varies	Affordable private option for the West Midlands.
West Midlands Autism & ADHD wmaas.co.uk	Birmingham / West Midlands	N/A	Varies	Varies	Based in Sutton Coldfield. Covers wider Birmingham area.
Midlands ADHD Clinic midlandsadhdclinic.co.uk	Worcestershire	N/A	Varies	Varies	Smaller specialist practice based in Malvern.

North East England

Provider	Coverage	RtC Wait	Private Cost	Private Wait	Notes
Neuro Spectrum neurospectrum.co.uk	Newcastle / North East	N/A	Varies	Varies	ADHD and autism assessments for the North East.

Scotland and Wales

Scotland: Right to Choose does not apply in Scotland. Scottish residents must access ADHD assessment through local NHS services or pay privately. National providers like Psychiatry-UK and Clinical Partners offer private video assessments.

Wales: Right to Choose does not apply in Wales. However, Welsh residents can request an Individual Funding Request (IFR) if local NHS waiting times are excessive. Contact your GP or health board to explore this option.

Red Flags - What to Watch For

- Diagnoses in a single 30-minute appointment
- No questionnaire or history required
- Pressure to purchase medication immediately
- No written assessment report provided
- Clinician not GMC or HCPC registered
- No option to ask questions after diagnosis

Before You Choose - Checklist

- Qualified psychiatrist or clinical psychologist?
- Registered with GMC or HCPC?
- Accept Right to Choose referrals?
- Current waiting time? (Ask directly)
- Written assessment report provided?
- What if GP refuses recommendations?
- Post-diagnosis support available?

Produced by My ADHD Path - myadhdpath.co.uk

Information correct as of April 2026. Waiting times and costs change frequently - always check directly with the provider.

This guide is for informational purposes only and does not constitute medical advice.