NeuroEmpower CIC

Getting an Autism or ADHD Diagnosis in the UK

A practical guide for adults, parents and carers on assessment routes, your NHS Right to Choose, and how to find and compare waiting lists. Includes ready to use letter templates.

Adults | Children and young people | Right to Choose | Templates | Waiting list links

Welcome

Seeking a diagnosis can feel like a maze, whether you are an adult who has wondered about yourself for years or a parent or carer watching your child struggle and wanting answers. This guide is here to make the path clearer and to help you feel more confident asking for what you are entitled to.

It covers autism and ADHD, which are the two assessments most people ask us about. Much of the advice, especially about building evidence and getting support while you wait, is useful for other kinds of neurodivergence too.

> **Support should not wait for a label**
>
> A diagnosis can be validating and can open doors, but you usually do not need one to start getting help. Schools should support children based on their needs, and employers can make reasonable adjustments based on what a person is experiencing. We explain more in section 8.

What is inside

1 The three routes to diagnosis 3
2 Differences across the four nations 4
3 Right to Choose explained 5
4 Using Right to Choose step by step 6
5 Medication and shared care 7
6 Choosing a provider 8
7 Waiting list links: adults and children 9
8 Support while you wait 10
9 Preparing for your assessment 11
10 Template A: adult letter to your GP 12
11 Template B: parent or carer letter to a GP 13
12 Template C: if your request is refused 14
13 Template D: asking school for evidence 15
14 Template E: my experiences notes 16
15 Useful links and organisations 17
16 Jargon buster 18

> **Before you read on**
>
> NHS services, provider contracts and waiting times change often, sometimes month to month. Everything in this guide was checked in October 2026, but please always confirm details on the official pages we link to before you make a decision. This guide is general information, not medical or legal advice.

1. The three routes to diagnosis

In the UK there are three main ways to get an autism or ADHD assessment. They are not mutually exclusive. Some people join a local NHS list and use Right to Choose at the same time as they think about other options.

Local NHS service

How: your GP refers you. For children, referrals may also come from school, a health visitor or a paediatrician, depending on where you live.

Cost: free.

Good to know: local services often have the longest waits, but they usually link best with other local support such as CAMHS, community paediatrics and adult mental health teams.

NHS Right to Choose

How: your GP refers you to an NHS approved provider you have chosen, which may be outside your area or a private company with an NHS contract.

Cost: free. Normal NHS prescription charges apply if medication is prescribed.

Good to know: available in England only. Waits are often shorter, though not always.

Private assessment

How: you contact a clinic directly and pay.

Cost: often over a thousand pounds per assessment, with medication and reviews charged on top.

Good to know: fastest for many people, but check quality carefully, and ask your GP in advance whether they would accept the report and any shared care.

What a good assessment looks like

In England, the National Institute for Health and Care Excellence (NICE) sets out what good assessment should include. The main guidelines are:

- **ADHD in children, young people and adults:** NICE guideline NG87.
- **Autism in under 19s, recognition, referral and diagnosis:** NICE clinical guideline CG128.
- **Autism in adults, diagnosis and management:** NICE clinical guideline CG142.

In plain terms, a good assessment is carried out by trained, qualified clinicians, looks at your whole history (including childhood), gathers information from more than one source where possible, considers other explanations and coexisting conditions, and ends with a clear written report that explains the outcome and what support might help.

An honest note about waiting times

NICE's autism quality standard (QS51) says a diagnostic assessment should start within three months of referral to an autism team. In reality, many people wait far longer. For ADHD, the Department of Health and Social Care has confirmed that NICE guideline NG87 does not set a maximum waiting time. The Parliamentary and Health Service Ombudsman has also noted that it is unclear which national waiting time standards apply to ADHD and autism services. In short, there is no reliable national answer to "how long will I wait?", which is exactly why comparing providers matters.

2. Differences across the four nations

Health is run separately in each UK nation, so the routes available depend on where your GP practice is.

Nation	Main route	Right to Choose?
England	GP referral to your local NHS service, or to a provider of your choice under Right to Choose. For children, schools and other professionals may refer in some areas.	**Yes.** A legal right under the NHS Choice Framework, for people registered with a GP in England.
Scotland	Speak to your GP. Children are often referred through school, a health visitor or a paediatrician to a neurodevelopmental or CAMHS team. Some areas do not run separate autism or ADHD lists.	**No.** Right to Choose is an NHS England policy and does not apply in NHS Scotland.
Wales	Speak to your GP. Adults may be referred to an Integrated Autism Service or adult neurodevelopmental service. Children go through local neurodevelopmental pathways.	**No.**
Northern Ireland	Speak to your GP. Assessments are delivered by Health and Social Care Trusts, including children's autism services.	**No.**

Outside England?

You can still ask your GP to refer you, ask how long the local wait is, and ask what support is available in the meantime. NHS inform (Scotland), NHS 111 Wales and nidirect (Northern Ireland) have local information, and the National Autistic Society's Autism Services Directory lists assessment services across the UK. The letter templates in this guide can be adapted for a standard referral request by removing the Right to Choose wording.

The rest of this guide focuses on England, where Right to Choose applies.

3. Right to Choose explained

Right to Choose means that, in England, when your GP agrees you need a mental health assessment, you can choose which provider carries it out, as long as that provider holds an NHS contract for that service.

It comes from the NHS Choice Framework and the NHS Constitution for England. The Choice Framework states that when you are referred to a consultant or mental health professional, you can choose your provider and the clinical team in charge of your care, and that this is a legal right. It applies to people of all ages, so it covers children as well as adults. Autism and ADHD assessments are both covered.

In August 2026, responding to a coroner's report, the Department of Health and Social Care confirmed that the legal right to choose a provider for an ADHD assessment still applies where the eligibility criteria are met.

You can usually use Right to Choose if

- ☐ you (or your child) are registered with a GP practice in England
- ☐ your GP agrees that a referral for assessment is clinically appropriate
- ☐ the provider you choose holds an NHS contract for that service somewhere in England
- ☐ the choice is made at the point of referral (it is not designed for switching provider partway through treatment)

The Choice Framework says you cannot use it if you are

- already receiving care for the same condition and this is an onward referral
- using urgent, emergency or crisis services
- in prison, on temporary release, or held in other prescribed accommodation
- held in hospital under the Mental Health Act 1983
- a serving member of the armed forces

Important things to know

- **Only a GP can make the referral.** You cannot refer yourself to a provider under Right to Choose, and schools cannot make Right to Choose referrals.
- **Your GP decides whether a referral is clinically appropriate.** Once they agree, the choice of provider is yours. A GP should not refuse simply because of the provider you have picked.
- **It is free.** The NHS pays for the assessment. If ADHD medication is prescribed, it is an NHS prescription and the usual prescription charge applies unless you are exempt.
- **You can ask for a different provider** if your assessment has not yet started.

What has changed recently: limits on numbers

Because demand has risen so much, NHS England asked local Integrated Care Boards (ICBs) to agree yearly plans with providers, called Indicative Activity Plans, that set how many assessments each provider can deliver and how much funding is available. When a provider reaches its limit for your area, it may still add you to its list but delay offering appointments until the next financial year, which starts each April.

This varies by area and by provider. ADHD UK, which tracks every NHS area through Freedom of Information requests, reported in October 2026 that 14 of 36 NHS areas in England were capping Right to Choose in some way. **Your right to choose still exists, but the wait you get depends on your area, so check before you pick.**

Local example: Essex

Some ICBs now accredit their own network of Right to Choose providers. NHS Essex ICB, for example, has approved additional providers for children's and adults' autism and ADHD assessments alongside EPUT and NELFT, and encourages families to choose from that local network so care stays joined up. You can still choose another qualifying provider. Check your own ICB's website to see whether it has a local list.

4. Using Right to Choose step by step

1. **Check your area first.** Use the ADHD UK area finder (link in section 7) or your ICB's website to see whether your area is limiting Right to Choose and which providers are open to referrals from your postcode.
2. **Pick one or two providers.** Look at what they offer (adults or children, ADHD or autism or both), their stated waiting times, whether appointments are online or face to face, and whether they can prescribe and continue prescribing if needed. Section 6 has questions to ask.
3. **Gather your evidence.** Write down how things affect daily life now and in childhood. For children, ask school for a short note about what they see (Template D). Use Template E to organise your thoughts.
4. **Book a GP appointment and bring a letter.** Explain what you are experiencing and why you would like an assessment, then say clearly that you are using your Right to Choose and name your provider. Templates A and B do this for you. Many providers have their own referral form for the GP to complete, so print it or have the link ready.
5. **Ask the practice to confirm when the referral has been sent.** Note the date. Some providers email you once they receive it, and may ask you to complete screening questionnaires before you are added to the list.
6. **Keep in touch while you wait.** Check the provider's waiting time page from time to time. Tell your GP and any local NHS service if you are seen elsewhere, so you are not on two lists for the same assessment.

7 **If the GP says no.** Ask for the reason in writing, then use Template C. You can speak to the practice manager, then complain to your ICB or to NHS England, and finally to the Parliamentary and Health Service Ombudsman. Healthwatch can help you along the way.

> **What to say, in one sentence**
>
> "I would like to be referred for an [ADHD / autism] assessment, and I am exercising my legal Right to Choose under the NHS Choice Framework to be referred to [provider name], which holds an NHS contract for this service."

If you are already on a local NHS waiting list

You can still ask your GP for a Right to Choose referral to another provider, as long as your assessment has not started. Many families and adults do this after learning how long the local wait is. Once you are seen, let the local service know so they can update their list.

If you have had a private diagnosis

A private diagnosis does not stop you using Right to Choose for NHS care, but what happens next varies. Some GPs and providers will accept a good quality private report; others will want a new assessment. If you are paying privately for ADHD, ask your GP before you book whether they would consider shared care afterwards.

5. Medication and shared care

This section mainly applies to ADHD, as there is no medication that treats autism itself.

If you or your child are diagnosed with ADHD and decide, with your clinician, to try medication, the first stage is called **titration**. This is where the specialist adjusts the medicine and dose until it works well, with regular check ins. Under Right to Choose this is usually done by the provider who assessed you, and there can be a separate waiting list for it.

Once the dose is stable, the provider may ask your GP to take over prescribing under a **shared care agreement**. The specialist stays responsible for your care and reviews, while the GP issues monthly prescriptions and does routine checks such as blood pressure.

> **GPs do not have to agree to shared care**
>
> Accepting shared care is a clinical judgement for each GP, not an obligation. Many GPs agree, some do not. Most Right to Choose providers will now keep prescribing if a GP declines, but a small number still require shared care. **Check each provider's position before you choose.** If your GP declines, ask whether your ICB has a local arrangement and ask your provider what they can offer.

Questions to ask about medication

- [ ] Does this provider offer titration under Right to Choose, and how long is that wait?
- [ ] Will they continue prescribing if my GP does not agree to shared care?

- [ ] How are physical health checks (heart rate, blood pressure, weight) done? Are they online, at the GP, or face to face?
- [ ] How often are reviews, and who do I contact between appointments?
- [ ] If I pay for prescriptions, would an NHS Prescription Prepayment Certificate save me money?

6. Choosing a provider

There is no single "best" provider. The right one for you depends on your age, what you need assessed, how you prefer to communicate, and what is open to people in your area right now.

Questions to ask

- [ ] Do you accept Right to Choose referrals from my ICB area at the moment?
- [ ] Do you assess adults, children, or both? What age ranges?
- [ ] Do you assess ADHD, autism, or both? Can both be assessed together?
- [ ] What is your current wait from referral to assessment?
- [ ] Are assessments online, face to face, or a choice?
- [ ] What reasonable adjustments can you offer (written questions, breaks, camera off, quiet rooms, a supporter present)?
- [ ] What does the report include, and how soon will I receive it?
- [ ] What support is offered after diagnosis?
- [ ] Are you registered with the Care Quality Commission (CQC), and what is your rating?

Things that matter for children

- [ ] Will the provider gather views from school or nursery, and from both parents or carers where appropriate?
- [ ] Are face to face observations offered, or only online?
- [ ] Will the report be accepted locally for school planning or an Education, Health and Care needs assessment? (Remember, these do not depend on a diagnosis.)
- [ ] Is the provider linked to local services if further help is needed, such as speech and language therapy or CAMHS?

A note on quality

Some local NHS services have said they may not accept every outside assessment, particularly if a report lacks detail. A thorough, well evidenced report protects you. Choosing a provider your ICB already recognises can make shared care and local support smoother.

7. Waiting list links: adults and children

Waiting times change constantly, so rather than printing figures that will soon be out of date, this section points you to the live pages where providers and charities publish them.

Start here: live trackers

Resource	What it does
ADHD UK: Right to Choose providers and waiting times	Compares NHS approved providers on waits for assessment and for medication, for adults and children, ADHD and autism. ADHD UK checks with providers monthly.
ADHD UK: your NHS area	Enter your postcode to see local NHS waits and whether your area is limiting Right to Choose.
National Autistic Society: Autism Services Directory	Search for autism diagnostic services for adults and children across the UK, including some Right to Choose providers.
NHS: find your local ICB	Your ICB's website often lists the providers it recognises and any local changes.

Provider waiting list pages

These are some of the most widely used Right to Choose providers. The services shown are taken from each provider's own website in October 2026. Availability can differ by area and some services pause at times, so always check the provider's page.

Provider	Adult ADHD	Adult autism	Child ADHD	Child autism	Waiting times and referral information
Psychiatry UK	Yes	Yes	No	No	Right to Choose service updates Adults 18+ only. Waits shown by ICB area.
Clinical Partners	Yes*	Yes	Yes	Yes	Right to Choose information and wait times Children aged 5 and over. *Some areas have paused new bookings; the page lists areas.
ADHD 360	Yes	No	Yes	No	Right to Choose referrals ADHD only. Children aged 8 and over.
ProblemShared	Yes	Yes	No	Yes	Right to Choose (England) Child autism from age 7. Some ICBs have extra age limits.
Psicon	Yes	No	Yes	Yes	NHS Right to Choose Child autism assessments face to face only, at Hampshire or Kent clinics.

Provider	Adult ADHD	Adult autism	Child ADHD	Child autism	Waiting times and referral information
Axia ASD	No	Yes	No	Check	Axia ASD Autism specialist based in Chester. Check their Right to Choose page for current ages and eligibility.
Solutions 4 Diagnostics	No	Yes	No	No	Directory listing Adult autism. Right to Choose enquiries: s4d.rtc@nhs.net

This is not a complete list and is not an endorsement. NeuroEmpower CIC has no commercial relationship with any provider listed. Many other providers hold NHS contracts, and your ICB may recognise local providers not shown here. If a provider is not listed, ask them, or your ICB, to confirm they hold a qualifying NHS contract for the service you need.

8. Support while you wait

Waiting can be the hardest part. The good news is that a great deal of support does not depend on a diagnosis.

For children and young people

- Under the Children and Families Act 2014 and the SEND Code of Practice, schools must support children with special educational needs based on their needs, **not** on a diagnosis.
- Ask to meet the school's SENCo to agree support and review it regularly.
- You can ask your local authority for an Education, Health and Care needs assessment if your child needs more than the school can usually provide. A diagnosis is not required.
- Your local SENDIASS offers free, impartial advice, and IPSEA offers free legal guidance on SEND.
- Many ICBs and NHS trusts have "while you wait" pages with strategies and local groups.

For adults

- Under the Equality Act 2010, whether someone is disabled depends on the effect of a condition on daily life, not on having a formal diagnosis. Employers can and should make reasonable adjustments based on need.
- Access to Work can fund practical support at work, such as coaching or equipment, and you do not need a diagnosis to apply.
- Talking therapies, peer support groups and coaching can help with day to day strategies.
- If you are struggling with your mental health, speak to your GP, call NHS 111 and choose the mental health option, or contact Samaritans on 116 123 at any time.

Looking after yourself, too

Parents and carers often carry the paperwork, the phone calls and the worry. Fathers, mothers, grandparents, foster carers and kinship carers all tell us how draining it can be. It is not selfish to ask for help for yourself along the way. Carers' centres and parent carer forums can be a real lifeline.

9. Preparing for your assessment

Good preparation helps clinicians see the full picture and reduces the chance of things being missed. It also makes the appointment feel a little less daunting.

Useful to gather

- [ ] Old school reports, especially comments about behaviour, focus or friendships
- [ ] Notes from people who knew you or your child when younger
- [ ] Any previous reports from health visitors, speech and language therapists, educational psychologists or counsellors
- [ ] For children: a short note from school (Template D) and examples of work if relevant
- [ ] A list of current medicines and any other health conditions
- [ ] Your completed notes (Template E)

On the day

- [ ] Ask in advance for any adjustments you need, such as breaks, written questions or a quiet space
- [ ] Bring someone who knows you well, if that would help and the provider agrees
- [ ] It is fine to say you need a moment, or to ask for a question to be repeated
- [ ] Be honest about difficult days. Many people mask without realising, so describe what things are really like, not your best day
- [ ] Ask when you will receive the report and who to contact with questions

After the assessment

Whatever the outcome, you are entitled to a clear explanation. Read the report carefully and ask for factual errors to be corrected. Share it with your GP, and with school or your employer if you choose to. If the outcome is not a diagnosis but difficulties remain, your needs are still real and support can still be put in place.

Template A: Adult letter to your GP

Requesting a referral for assessment using your Right to Choose

How to use: replace the highlighted parts, keep it to one page if you can, and bring two copies to your appointment (one for you, one for your record). If your provider has a GP referral form, attach it.

Your full name
Your address
Date of birth | NHS number (if known): **number**
Date

Dear Dr **name**,

Request for referral for an ADHD / autism / ADHD and autism assessment under my Right to Choose

I am writing ahead of my appointment to ask for a referral for an assessment for **ADHD / autism**. I have had these difficulties for as long as I can remember and they are affecting my daily life, work and wellbeing.

The main things I experience are:

- **Example: I find it very hard to start and finish tasks, and I lose things daily, which has led to problems at work.**
- **Example: social situations leave me exhausted and I need long periods of recovery afterwards.**
- **Example: as a child, school reports often mentioned daydreaming and not reaching my potential.**

I have attached some notes with more detail **and the results of a screening questionnaire, if completed**.

If you agree that a referral is clinically appropriate, I would like to exercise my legal right, under the NHS Choice Framework, to choose my provider. I would like to be referred to **provider name**, which holds an NHS contract for this service. Their GP referral form or details are **attached / available at website**.

If you do not feel able to make this referral, I would be grateful if you could explain the reason in writing, so that I can understand the decision and consider my options.

Thank you for your time and support.

Yours sincerely,

Your name
Phone | **Email**

Template B: Parent or carer letter to a GP

Requesting a referral for a child or young person under Right to Choose

How to use: write as the parent or carer with parental responsibility. If your child is old enough, include their views in their own words. Attach any notes from school.

Your full name
Your address
Date

Dear Dr **name**,

Request for referral for child's full name, date of birth date, for an ADHD / autism assessment under Right to Choose

I am the **parent / carer / guardian** of **child's name**, who is **age** and attends **school or nursery**. I am writing to ask for a referral for an assessment for **ADHD / autism**.

At home, we notice:

- **Example: very strong reactions to changes in routine, lasting a long time**
- **Example: difficulty settling to sleep and constant movement**

At school, staff have noticed:

- **Example: difficulty following group instructions and staying seated**
- **Example: finding friendships and playtimes hard**

Child's name says: "**their own words, if appropriate**".

I have attached **a note from the SENCo / school reports / my notes**.

If you agree a referral is clinically appropriate, I would like to use our legal right, under the NHS Choice Framework, to choose the provider. I would like **child's name** to be referred to **provider name**, which holds an NHS contract to assess children and young people for this service. Their referral details are **attached / available at website**.

If you are unable to make this referral, please could you explain the reason in writing, and let me know what other route you would recommend.

Thank you for your help.

Yours sincerely,

Your name
Phone | **Email**

Template C: If your request is refused

A calm, clear follow up to the practice manager

How to use: send this if the referral to your chosen provider is refused, delayed without explanation, or redirected only to the local service against your wishes. Keep a copy and note the date you sent it.

Your name, address and date

Dear Practice Manager,

Request to review a Right to Choose referral decision for **name and date of birth**

On **date**, I asked Dr **name** for a referral for an **ADHD / autism** assessment and asked to use my Right to Choose to be referred to **provider name**. **Describe what happened, for example: I was told the practice does not refer to that provider.**

I understand that the decision about whether a referral is clinically appropriate rests with my GP. However, the NHS Choice Framework states that, where a referral is made to a consultant or mental health professional, patients in England have a legal right to choose any provider that holds an NHS contract for that service, unless an exception applies. To my knowledge, none of the exceptions applies to me.

Please could you:

1. confirm in writing whether my GP considers a referral clinically appropriate
2. if so, explain why the referral cannot go to my chosen provider, and which exception, if any, applies
3. if not, explain the clinical reasons and what alternative support or route you would recommend

I would be grateful for a reply within **14** days. If we cannot resolve this together, I understand I can raise the matter with my Integrated Care Board and with NHS England at england.choice@nhs.net.

Thank you for looking into this.

Yours sincerely,
Your name

Where to go next

1. Practice manager → 2. Your ICB complaints team → 3. NHS England (england.choice@nhs.net) → 4. Parliamentary and Health Service Ombudsman (0345 015 4033). Your local Healthwatch and NHS complaints advocacy services can support you at any stage, free of charge.

Template D: Asking school for evidence

A short request to the SENCo or class teacher

How to use: send by email or hand it in. Schools cannot make Right to Choose referrals themselves, but a short note from them can strengthen your GP request and is often requested by assessors.

Dear **name of SENCo or teacher**,

Request for a short school observation note for child's name, class or year

We are asking our GP to refer **child's name** for an **ADHD / autism** assessment. It would be really helpful to include a short note from school describing what you see, as children can present differently at home and at school.

If possible, could you include:

- how **child's name** manages learning, attention and following instructions
- friendships, playtimes and unstructured times
- how they respond to change, noise or busy environments
- their strengths and interests
- any support or adjustments already in place, and how well these help

A few paragraphs or bullet points is perfect. We would also welcome the chance to meet to talk about support in school in the meantime, whatever the outcome of an assessment.

Many thanks for your help,

Your name
Phone | **Email**

Template E: My experiences notes

For adults, or for parents and carers completing on behalf of a child

How to use: jot down real examples, not just general statements. "I missed three appointments last month because I forgot" is more useful than "I am forgetful". Take this to your GP and your assessment.

Area of life	What happens now	What it was like in childhood
Attention and focus starting tasks, finishing, losing track		
Organisation and time lateness, deadlines, losing things		
Social communication conversations, friendships, energy afterwards		
Sensory experiences noise, light, textures, smells		
Routines and change need for sameness, reaction to changes		
Restlessness and impulsivity fidgeting, interrupting, quick decisions		
Emotions and wellbeing overwhelm, shutdowns, meltdowns, anxiety		
Strengths and interests what you love and do well		
Impact on daily life work, school, home, relationships		

15. Useful links and organisations

Your rights and the NHS

NHS Choice Framework The official guide to your legal choices, including Right to Choose

NHS England: patient choice Concerns about choice: england.choice@nhs.net

Find your local ICB

NHS England: ADHD programme and Taskforce

Healthwatch Independent help with NHS concerns

Parliamentary and Health Service Ombudsman 0345 015 4033

NICE guidance

NG87: ADHD diagnosis and management

CG128: Autism in under 19s

CG142: Autism in adults

QS51: Autism quality standard

Information on the NHS website

NHS: ADHD

NHS: Autism

NHS inform (Scotland) | NHS 111 Wales | nidirect

Charities and advice

ADHD UK: Right to Choose hub Step by step guide, area checker and waiting times

National Autistic Society: diagnosis

ADHD Foundation

British Dyslexia Association

Mind Mental health information and support

Samaritans 116 123, free, any time

Education and SEND

Find your local SENDIASS

IPSEA Free legal advice on SEND

SEND Code of Practice

Work

Access to Work Funding for support at work

Acas: neurodiversity at work

Equality Act 2010 guidance

16. Jargon buster

Term	What it means
Right to Choose	Your legal right in England to choose which NHS contracted provider carries out your assessment, once your GP agrees to refer you.
ICB	Integrated Care Board. The local NHS organisation that plans and pays for most health services in your area.
Indicative Activity Plan	A yearly agreement between an ICB and a provider about how many assessments will be funded. It can affect how long you wait.
Titration	The period of starting ADHD medication and adjusting the dose with specialist support.
Shared care	An agreement where your GP takes over routine prescribing while the specialist stays responsible for reviews.
CAMHS	Child and Adolescent Mental Health Services.
SENCo	Special Educational Needs Coordinator, the member of school staff who leads on SEND support.
EHC plan	Education, Health and Care plan. A legal document setting out support for a child or young person up to age 25 with more complex needs.
SENDIASS	Special Educational Needs and Disabilities Information, Advice and Support Service. Free and impartial, in every local authority area.
CQC	Care Quality Commission, which inspects and rates health providers in England.

About NeuroEmpower CIC

NeuroEmpower CIC is a neurodiversity training, coaching and consultancy organisation. We work with employers, schools, families and professionals to build understanding and practical support that helps neurodivergent people thrive. We are led by lived experience, and we believe everyone deserves to be understood.

Website: www.neuroempower.org | **Email:** info@neuroempower.org | **More free resources:** neuroempower.org/resources

Important information. This guide provides general information about assessment routes in the UK and is not medical, legal or clinical advice. Provider services, contracts, local policies and waiting times change frequently, so please check the latest details with your GP, your ICB and providers directly. Listing a provider is not an endorsement and NeuroEmpower CIC receives no payment from any provider named. Information was checked in October 2026 and is due for review in April 2027. You are welcome to share this resource in full for non commercial purposes with credit to NeuroEmpower CIC.