[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 have the right to choose where I receive an assessment, for any of my physical or mental health issues, if the waiting list is longer than 18 weeks in my local area. I understand that this referral must be made 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 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.

Prior approval for funding is not required from the Integrated Care Board (ICB) if the GP deems the referral clinically appropriate.

Should you experience any issues with this please contact NHS England via email on **england.choice@nhs.net**

Having researched the subject, I believe that I have the neurodevelopmental condition, **autism / ADHD** [delete as appropriate] .

If you agree that there does seem to be an indication that I might have **autism / ADHD** [delete as appropriate] 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 Evolve Psychology Services Ltd, who fulfil the referral criteria as they have commissioning contracts with an NHS ICB, including:

West Yorkshire ICB up to 19 years of age for autism, ADHD or a combined assessment.

Norfolk & Waveney ICB as above.

Devon ICB for children and adult autism assessments both digital and face to face.

In order to refer me to Evolve, please visit their website here to fill in their form:

<https://evolvepsychology.com/nhs-right-to-choose>

Thank you,

Kind Regards,

[your name and signature]