

ADHD assessment provider checklist

From ADHD Helper, adhdhelper.co.uk/assessment/find-a-provider/

Version: 27 July 2026. Information only, not medical advice and not an endorsement.

Use this before booking any ADHD assessment, whether NHS, NHS Right to Choose or private, in person or online. A good provider passes every check.

Qualifications and regulation

- ☐ The assessment is carried out by a suitably qualified professional (for example a psychiatrist or specialist ADHD practitioner)
- ☐ The clinician's registration checks out with the relevant UK body (for example the General Medical Council register for doctors)
- ☐ The service holds the regulation that applies to it (in England, many services should be registered with the Care Quality Commission; ask what applies)

The assessment itself

- ☐ It follows recognised guidance (NICE guideline NG87; Royal College of Psychiatrists guidance)
- ☐ It is a real clinical assessment, not a diagnosis offered from a short online quiz alone
- ☐ You know what it involves and roughly how long it takes
- ☐ You know the current waiting time

Money and route

- ☐ If in England: you have checked whether NHS Right to Choose applies, which makes the assessment free (adhdhelper.co.uk/tools/right-to-choose-eligibility-checker/)
- ☐ If private: you know the TOTAL cost, including the report, any titration and follow-up appointments, not just the headline assessment fee

Aftercare

- ☐ You know how medication would work after the assessment, and what it costs
- ☐ You know how shared care with your GP would work, and what happens if your GP declines it (adhdhelper.co.uk/guides/can-my-gp-refuse-shared-care/)

Five questions to ask before you book

1. Who will carry out my assessment, and what are their qualifications?
2. What does the assessment involve, and how long does it take?
3. If private, what is the total cost, including report and follow-up?
4. What is your current waiting time?
5. How will medication and shared care with my GP work afterwards?

Information only, not medical advice and not an endorsement. Providers and prices change: the provider's own published information always wins.