

Information on ADHD prescribing for patients & families

May 2025



What is happening?

- Some GP practices are withdrawing from shared care agreements to prescribe ADHD medications for their patients.
- Shared care with your GP is voluntary. Some GPs are opting out if they don't feel they can prescribe ADHD medications safely.
- NHS Mid and South Essex has arranged for local GP Federations to take over shared care for NHS patients where GP practices are no longer prescribing.
- A GP Federation is a group of local GP practices working together to offer more services and better access to care for patients.
- Patients that have received private diagnosis or treatment will have a different route to access services. More information is provided at the end of this leaflet.
- Patients will have different options for alternative services depending on where they received their diagnosis, and how old they are.
- **The scenarios that follow will show you what the different options are depending on your situation**

Diagnosis by NHS Specialist Service – GP Shared Care in Place

Diagnosis with ADHD by an NHS specialist service

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graph TD; A[Diagnosis with ADHD by an NHS specialist service] --> B[Your GP is prescribing via a shared care agreement]; B --> C[You are reviewed by your usual ADHD specialist];
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Your GP is prescribing via a shared care agreement

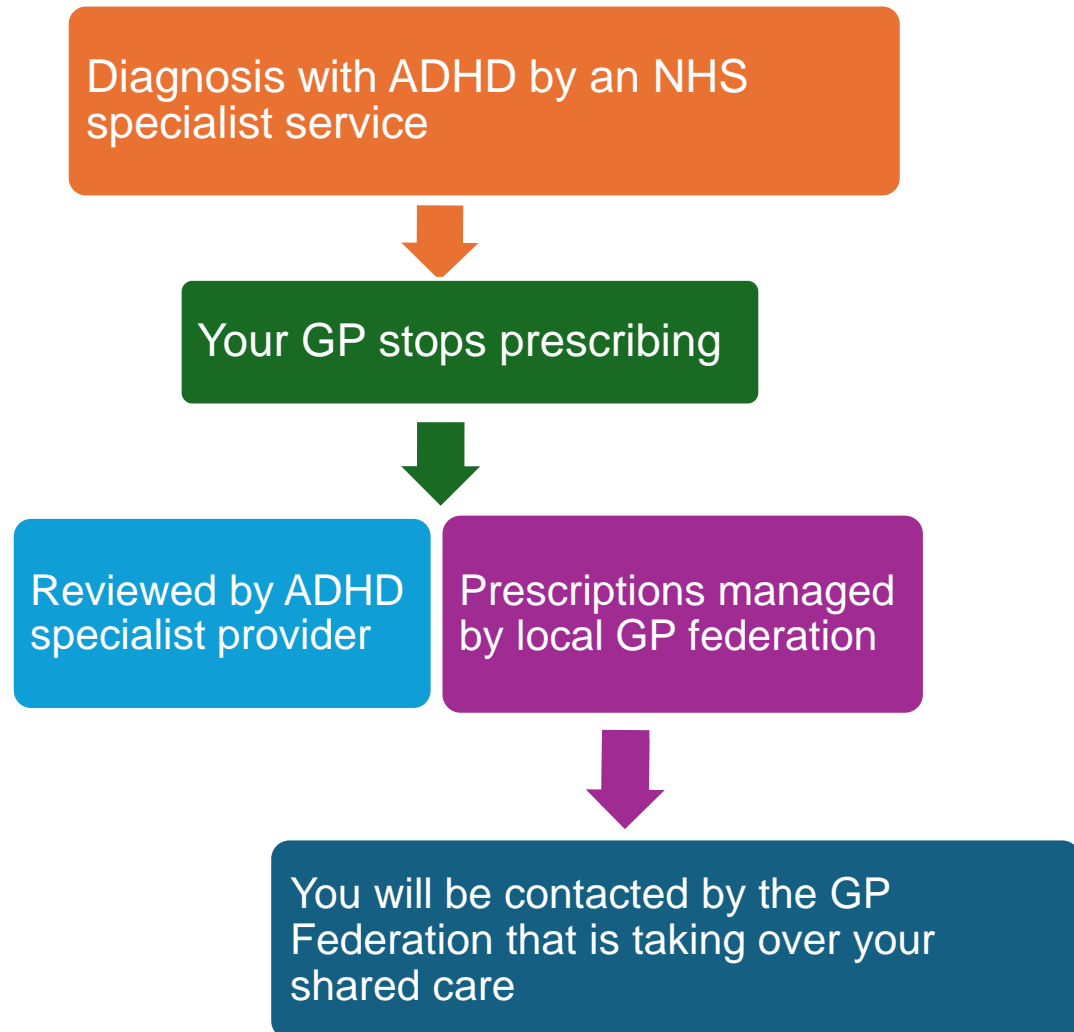
You are reviewed by your usual ADHD specialist

What this means for you?

This is a stable arrangement.

You will continue to be reviewed by your specialist and will access prescriptions from your GP.

Diagnosis by NHS specialist service – GP opts out of Shared Care



What this means for you?

You will be reviewed by your ADHD specialist.

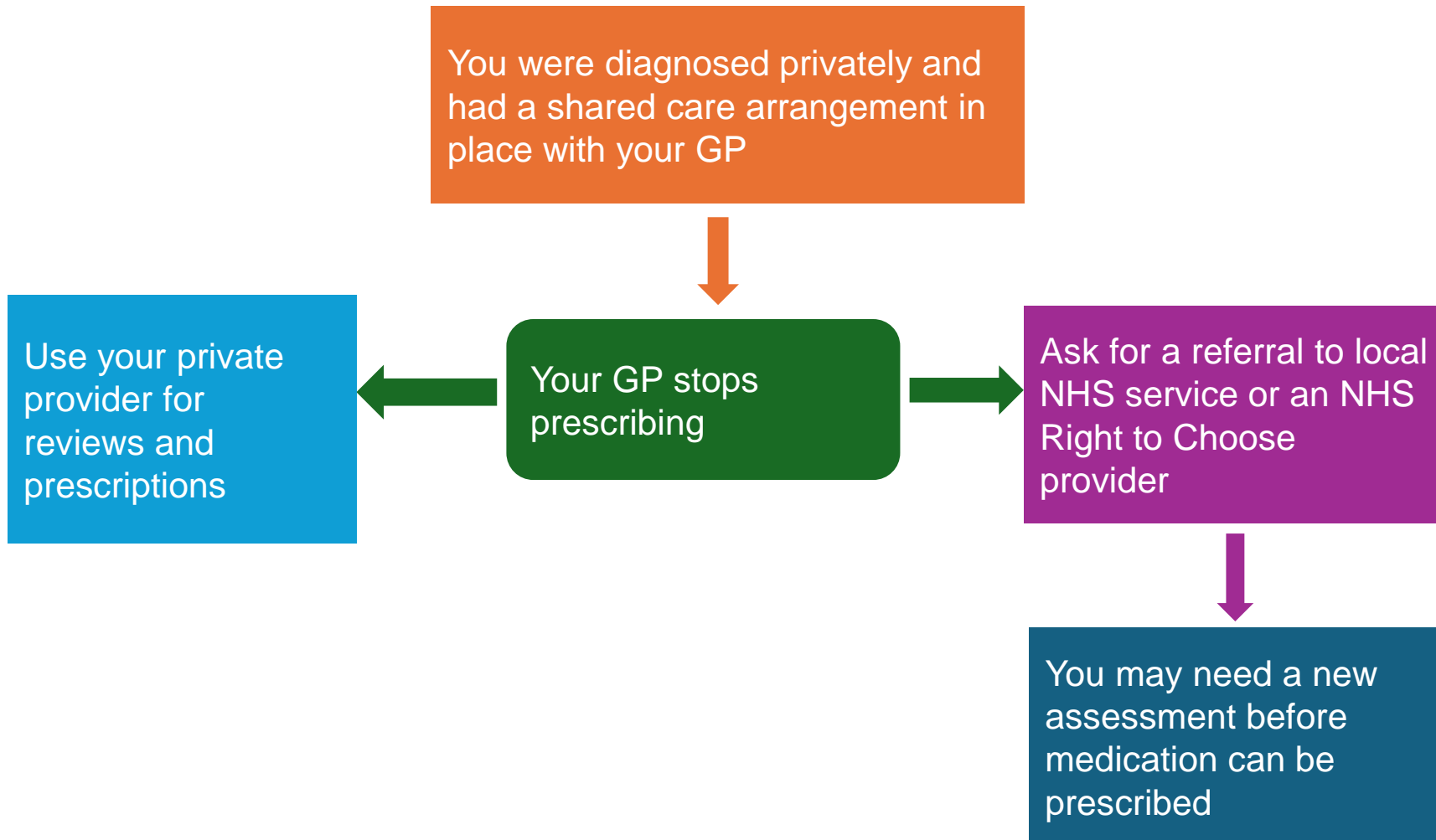
You will access prescriptions from the GP Federation.

Your ADHD specialist will inform the GP Federation about your current medication and dosage.

You should wait to be contacted by your specialist or the GP Federation.

Contact your GP if you haven't heard from the GP Federation before your prescription runs out.

Private Diagnosis – GP opted out of Shared Care



What this means for you?

You can use your private provider.

Or, you can ask your GP to make a referral to an NHS service. This could be either the local children's or adults service, or an NHS Right to Choose provider.

Some Right to Choose providers may not accept patients with an existing ADHD diagnosis and will need to do their own assessment.

See the information about private providers and Right to Choose providers at the end of this leaflet.

Paediatric Diagnosis – No Adult Transition

You were diagnosed with ADHD by an NHS specialist service as a child



Your GP stops prescribing



You have not been referred to Adult ADHD services



No shared care in place and no ADHD specialist oversight



Your Options

- 1) Request an NHS referral to the local NHS service, or Right to Choose (but this is not guaranteed)
- 2) Discuss with your GP if non-NHS services are right for you
- 3) Wait for alternative ADHD services the ICB is putting in place

What this means for you?

You may ask your GP to make a referral to the local NHS service, or an NHS Right to Choose provider.

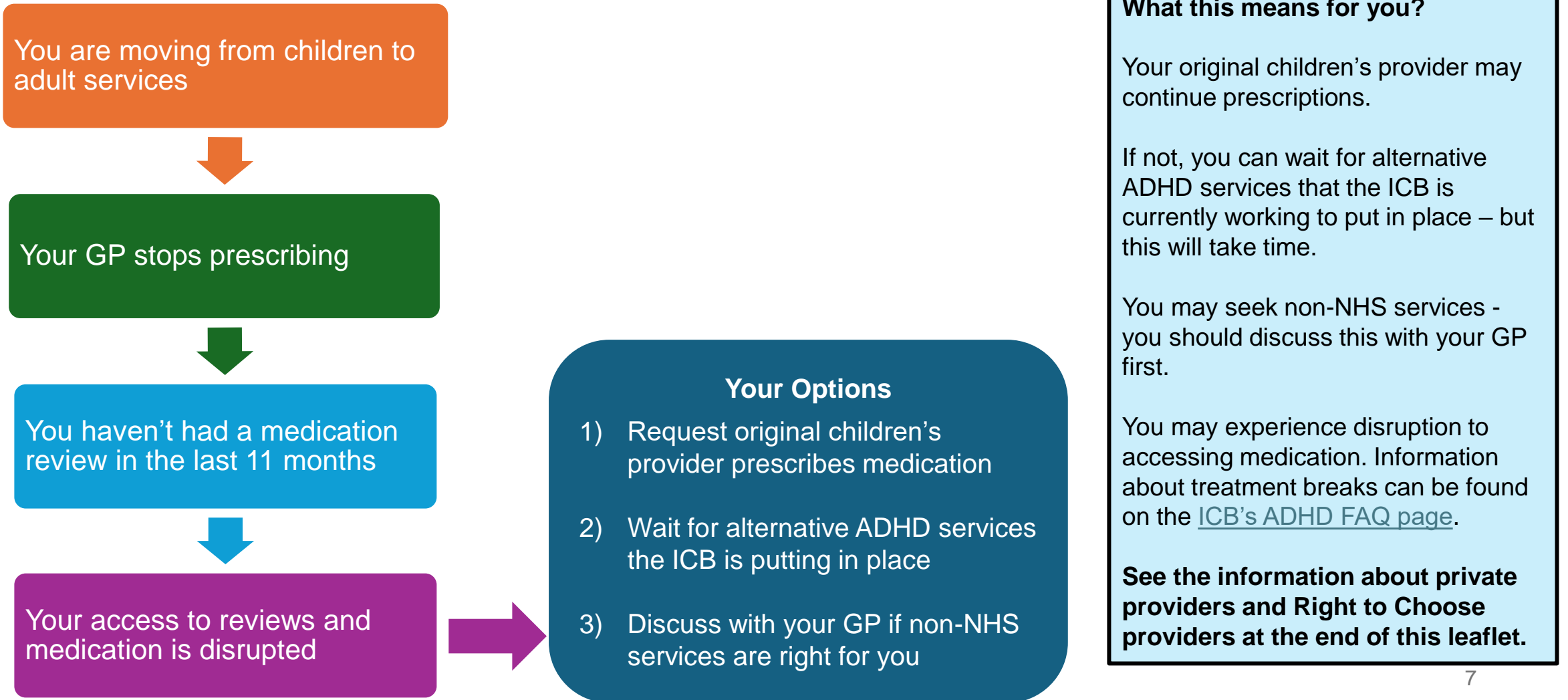
You may seek non-NHS services - you should discuss this with your GP first.

Or, you can wait for alternative ADHD services that the ICB is currently working to put in place – this will take time.

You may experience disruption to accessing medication. Information about treatment breaks can be found on the [ICB's ADHD FAQ page](#).

See the information about private providers and Right to Choose providers at the end of this leaflet.

Children and young adults moving from Paediatrics to Adults Service



About Right to Choose Providers

- Right to Choose means you can pick an NHS approved provider who helps you with your mental health, like ADHD or autism checks.
- Find out about Right to Choose providers on [the NHS Mid and South Essex ICB's ADHD FAQ page](#)
- Not all Right to Choose providers will accept patients with an existing ADHD diagnosis. They may need to do their own assessment. If so then you would join a waiting list to be assessed, if there is one.
- If you choose a referral to a Right to Choose provider who does not prescribe ADHD medications and you decide you would like to receive prescriptions, your GP would need to create a new referral to a different Right to Choose provider.
- You can find out about the services Right to Choose providers offer on the ADHD UK website: [Right to Choose - ADHD UK](#)
- The new Right to Choose provider would need to do their own assessment before they would issue a new prescription.

About non-NHS providers (private)

- If you received private diagnosis or treatment, you will have different choices in how to access alternative services.
- You can choose to go back to your private provider. You will need to pay their costs for clinical reviews and prescriptions

OR

- You can choose to be referred to an NHS service. This could be:
 - the local children's or adults service currently provided in mid and south Essex, or
 - a Right to Choose provider
- If you choose a referral to an NHS service, you may need to be reassessed before a new prescription is issued
- This is because some private providers may follow different rules than the NHS, so you may need to be reassessed to make sure their assessment meets NHS quality standards.
- The ICB website has information for [patients considering private treatment](#).