

# Information on ADHD prescribing for patients & families

March 2026



# 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 ICB 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.
- The ICB has commissioned [five new providers for adults](#) and [new providers for children and young people](#) to offer more patient choice and reduce waiting times. Patients can now ask for an NHS referral to one of these providers.
- **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



## 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 locally commissioned NHS specialist service – GP opts out of Shared Care



## What this means for you?

You will be reviewed by your ADHD specialist.

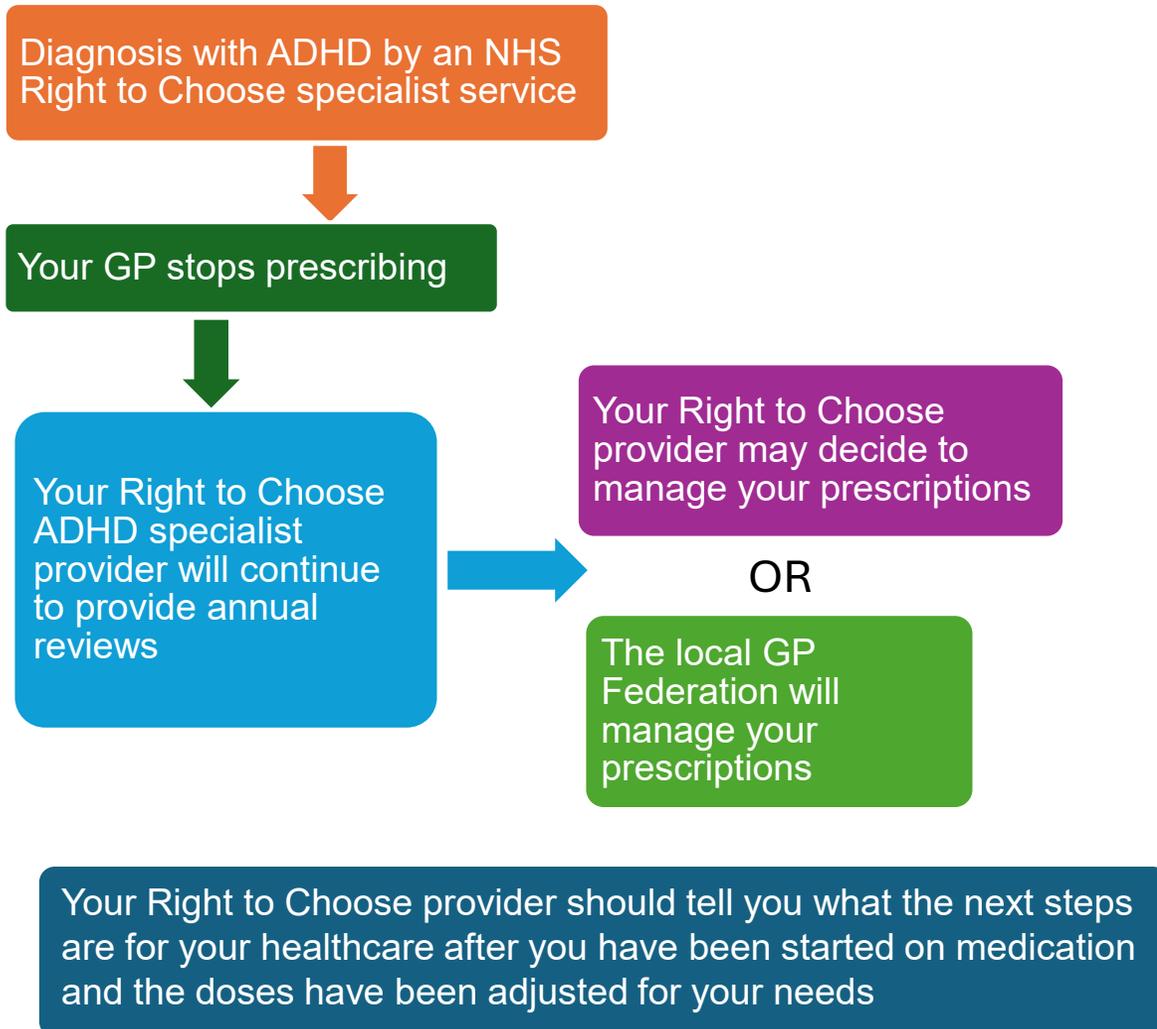
You will access prescriptions from the GP Federation.

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

You should wait to be contacted by the GP Federation.

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

# Diagnosis by a Right to Choose NHS specialist service – GP opts out of Shared Care



## What this means for you?

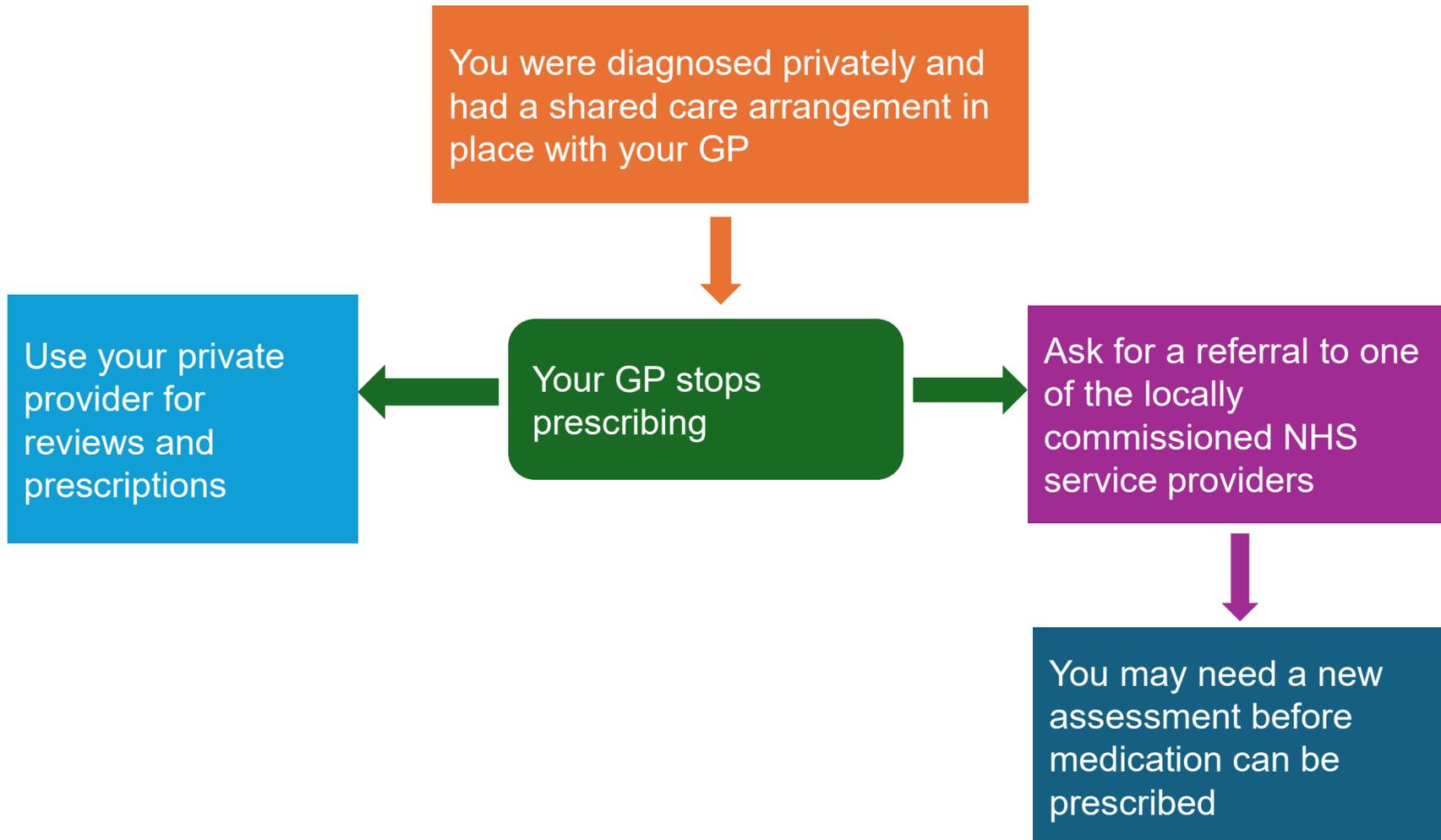
Your Right to Choose ADHD specialist provider will provide your annual reviews.

Some Right to Choose providers may decide to provide your reviews **and** your medications.

Other Right to Choose providers will enter into a Shared Care Agreement with the GP Federation. In that case, the GP Federation will provide your medication prescribing.

After your Right to Choose provider has started you on medication and adjusted the dosage for your needs, they will tell you what the next steps are.

# Private Diagnosis – GP opted out of Shared Care



## What this means for you?

You can use your private provider.

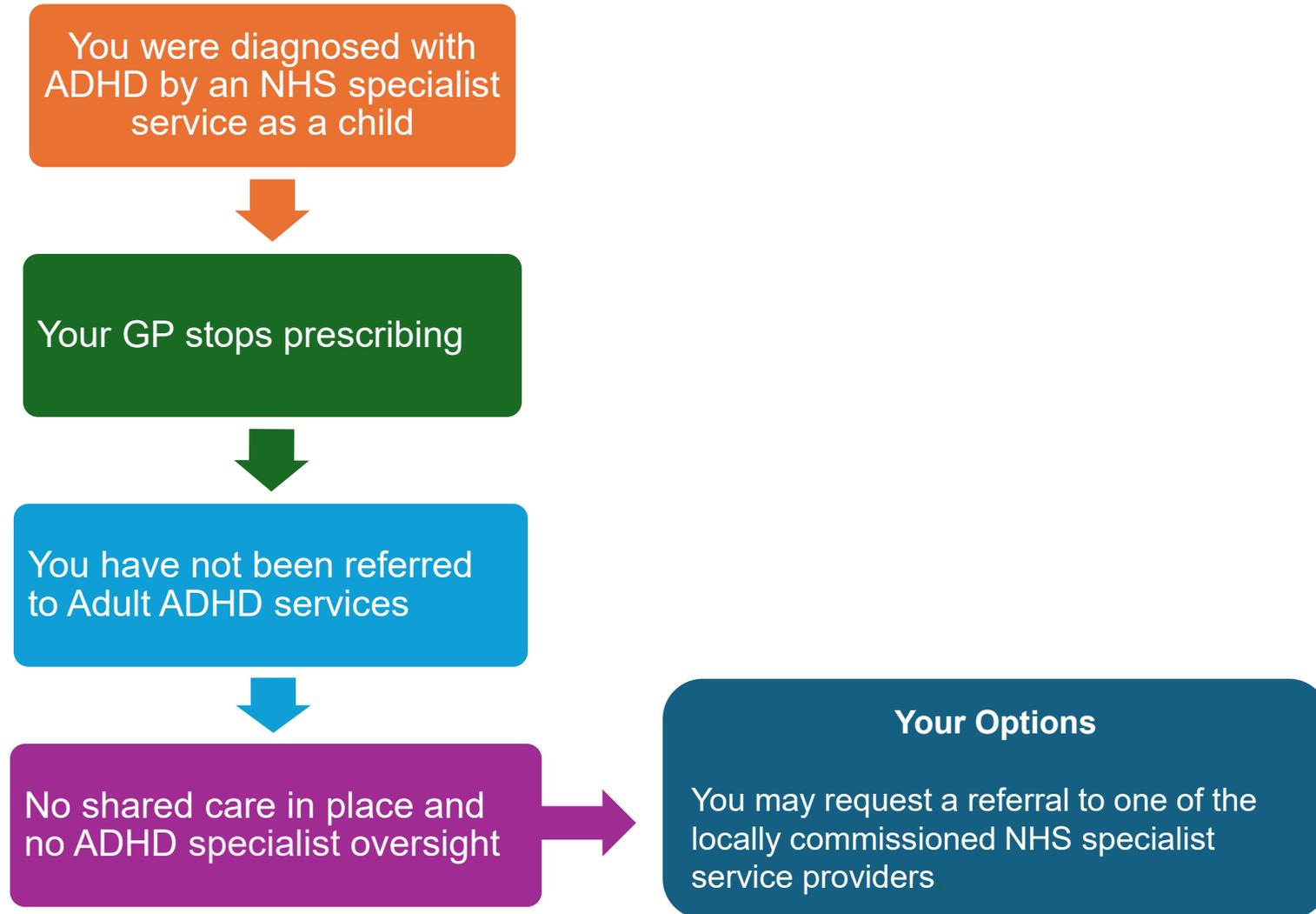
Or, you can ask your GP to make a referral to one of the locally commissioned NHS services.

The ICB has commissioned new providers to offer Autism and ADHD services for adults and children. You can ask your GP to refer you to one of the new providers. They have been quality assured and commissioned to provide more patient choice and reduce waiting times.

Some private providers follow different rules to the NHS, so a new assessment may be needed before the NHS provider can issue a new prescription.

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

# Paediatric Diagnosis – No Adult Transition



## What this means for you?

The ICB has commissioned new providers to offer ADHD services for **both adults and children**.

You can now ask your GP to refer you to one of the new providers.

They have been quality assured and commissioned to provide more patient choice and reduce waiting times.

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 and Right to Choose providers at the end of this leaflet.

# Children and young adults moving from Paediatrics to Adults Service

You are moving from children to adult services



Your GP stops prescribing



You haven't had a medication review in the last 11 months



Your access to reviews and medication is disrupted



## Your Options

- 1) Request original children's provider prescribes medication
- 2) Request a referral to one of the new locally approved providers
- 3) Discuss with your GP if non-NHS services are right for you

## What this means for you?

Your original children's provider may continue prescriptions.

The ICB has commissioned new providers to offer ADHD services **for adults**.

You can now ask your GP to refer you to one of the new providers.

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

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 and Right to Choose providers at the end of this leaflet.**

# 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.
- **You should check if your preferred Right to Choose provider offers prescribing services (starting medication and adjusting doses) and will enter into shared care agreements for ongoing prescribing with primary care (GPs or GP Federations).**

# Right to Choose Providers – reviews and prescribing

- If you have been diagnosed with ADHD by a Right to Choose NHS specialist service, they will provide your annual reviews.
- For medication prescribing, there are two options, depending who your Right to Choose provider is:
  - Some Right to Choose providers may also provide your ongoing medication prescribing
  - Some Right to Choose providers will enter into a Shared Care Agreement with the local GP Federations who are taking on prescribing where GPs have opted out. The GP Federation will provide ongoing medication prescribing and a health check in between your annual review.
- **Your Right to Choose provider should tell you what the next steps for your healthcare needs are after you have been successfully started on medication and the doses are adjusted for your needs.**

# 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 service currently provided in mid and south Essex. [More new providers have been commissioned to offer Autism and ADHD assessment and treatment.](#) You can now ask your GP to refer to one of these.
  - the local adult's service – [five new providers for adults have been commissioned to offer more patient choice and reduce waiting times.](#) You can now ask your GP to refer to one of these.
- 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.](#)