



ADHD 360 Limited
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Important Update Regarding Your ADHD Care

Demand for ADHD services across England is higher than the NHS financial resources that are available.

To help manage demand, NHS Birmingham and Solihull Integrated Care Board has asked some 'Right to Choose' providers to temporarily pause new ADHD assessments. This ensures continuity of care for existing patients.

What this means for you

If you or your child has been referred to us for a new ADHD assessment you will stay on the waiting list, unless you ask to be removed.

While referrals for new assessments are paused, we will be unable to book you or your child an appointment unless:

- Your assessment is already booked
- You are part way through your assessment
- You are diagnosed and are awaiting treatment
- You are already receiving ADHD medication and require ongoing management and reviews.

When the pause for new referrals ends, we will begin booking assessments again in referral date order. At this stage, we unfortunately cannot give you a specific timeframe for your assessment.

Your Right to Choose

Patients still have a legal Right to Choose their provider via the NHS Choice Framework. Patients may still wish to contact other providers directly and can find out more [here](#).

If you decide to move your referral to another provider, you will need to:

- Ask your GP to make a new referral, and
- Tell us so we can remove you from our waiting list.

Please note that if you leave our list and later return to us, you will rejoin the waiting list from the start.

Updates

If you remain on our waiting list, you will continue to receive updates from us at ADHD 360

Support while you wait

Those waiting for assessment for ADHD can access support while they wait via the Birmingham Community Healthcare NHS Foundation Trust [website](#).

Alternatively, support for children and young people can be found here:

- [Support while waiting](#) – for children and young people in Birmingham
- [Support while waiting](#) – for children and young people in Solihull
- <https://the-waitingroom.org/> also has information about support on offer, covering all ages.

There are also resources available online for adults via:

- [ADHD UK](#) – offering information, peer support and resources about diagnosis and coping strategies
- [Mind](#) – provides information on ADHD, mental health and practical wellbeing tips.

Questions about these changes

The decision to pause new assessments for ADHD assessments has been made by NHS Birmingham & Solihull ICB to manage NHS resources. Unfortunately, our team is not able to provide further information about the changes. If you have questions or concerns, please contact your ICB directly via bsol.patientexperience@nhs.net

If your symptoms worsen or you feel your mental health is deteriorating, we strongly encourage you to contact your GP or call the NHS on 111 as soon as possible. They will be able to advise on appropriate next steps and alternative support options.

If you are concerned about an immediate risk of harm, either to yourself or someone else, then phone 999 immediately.

We will, of course, update you should circumstances change. Alternatively, ADHD 360 are able to offer private ADHD assessments with a current waiting time of 3-5 weeks.

Thank you for your understanding and for allowing us to be part of your care journey.

Yours sincerely,



Michael Aldridge
Chief Operating Officer

ADHD 360 is a licensed service provider to the NHS licence number 200207.

ADHD 360 Limited is registered with the CQC under the Health and Social Care Act 2008 reference CRT-6785869383

ADHD 360 provide patient support weekdays (9.00am - 7.00pm) and weekends (Saturday 10.00am - 4.00pm). ADHD 360 cannot provide an emergency or crisis service. If you have a medical emergency, you should contact the NHS on 111 or if serious 999.