



ADHD 360 Limited  
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### **Important Update Regarding Your ADHD Care**

NHS Somerset, which plans and pays for health services for people in the county, has to live within its means and, each year, it sets out how much it can spend with each of the organisations that deliver healthcare to local people.

Demand for ADHD services across England is higher than the NHS financial resources that are available, and this year, NHS Somerset has put in place measures to make sure Right to Choose providers do not exceed the budget that they were allocated at the start of the financial year.

Whilst we have the capacity to see you, these budgetary controls mean that we are currently no longer able to offer ADHD appointments under the NHS Right To Choose pathway until after 1<sup>st</sup> April 2026. You will not lose your place on the waiting list and you will retain your original referral date, but the date when we can now assess you will be delayed.

We, and the ICB, deeply regret the disruption this may cause and understand the impact this decision may have on your care.

These decisions are not taken lightly as, in practice, this means some people in Somerset who are waiting for new ADHD assessments from Right to Choose providers will wait longer. At this stage, we cannot give you a specific timeframe for your assessment.

Please find information below for tools and support while you wait.

#### **Support while waiting:**

You can find helpful links for mental health support on the [Somerset Open Mental Health website](#)

There are also resources available on the following links:

- [ADHD in adults - NHS](#)
- [ADHD in children and young people - NHS](#)
- MindLine Somerset is a confidential listening service providing a safe place to talk if you, or someone you know, is in distress. Their emotional support and mental health helpline is open 24 hours a day, 7 days a week. Call 01823 276 892
- Samaritans provide confidential emotional support if you are anxious, depressed or suicidal. Call the 24-hour helpline 08457 90 90 90

Should you wish to explore alternative care options or raise a concern about the decision that the NHS has taken, please contact the ICB's [PALS team](mailto:somicb.pals@nhs.net) at [somicb.pals@nhs.net](mailto:somicb.pals@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.