



ADHD 360 Limited  
Unit 5 Deepdale Enterprise Park  
Deepdale Lane  
Nettleham  
Lincoln  
LN2 2LL

**Message for patients receiving Adult ADHD/ASD assessments at Right to Choose Providers:**

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

These decisions are not taken lightly as, in practice, this means some people in Somerset who are waiting for new ADHD or Autism assessments from Right to Choose providers will wait longer. NHS Somerset anticipates there will be a minimum wait of 52 weeks for new Adult ADHD and Autism Assessments and for some patients this may be longer. We know this will be disappointing and the waiting times for assessments are currently much longer that we would like them to be. Like all areas of the country Somerset has seen the demand for ADHD and autism assessments grow significantly in recent years and in response NHS Somerset have increased our investment this year significantly.

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

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](#)
- [Autism - 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**
- If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment, get advice from **NHS 111** if you need urgent help for your mental health.

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

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Michael Aldridge', written in a cursive style.

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 nor crisis service. If you have a medical emergency you should contact the NHS on 111 or if serious 999.