

Your Right to Choose



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Private Options



Support for ADHD



Support for Autism

Mental health support for university students

What is Right to Choose?

If you are registered with a GP in England, you have a **legal right to choose your mental health care provider** when referred for specialist services. This includes assessments for:

ADHD

Attention Deficit Hyperactivity Disorder

ASD

Autism Spectrum Disorder

Under the NHS Right to Choose (RTC) scheme, you can ask your GP to refer you to a qualified provider, such as Psychiatry UK, which offers online assessments funded by the NHS.



No extra cost if referral under RTC.



Choice of provider for better access and flexibility.



Online video consultations from the comfort of your home.

Scan for details



How to use your Right to Choose

1

Book an appointment with your GP

Discuss your symptoms and ask for a referral under the **Right to Choose** scheme.

2

Request referral to Psychiatry UK

Your GP must send the referral to the provider you choose.

3

Prepare for your assessment

You'll complete pre-assessment forms and upload ID via a secure portal.

Prefer faster access? Go private

If you don't want to wait for NHS-funded services, you can **book a private assessment** directly with Psychiatry UK:



No GP referral needed.



No waiting list.



Online, expert-led diagnosis and treatment.

Scan here for private options



Support That *May* Be Available After Diagnosis

Support is not guaranteed and varies by university. You should **speak to your university's disability or student support team** to find out what is available.

For students with ADHD

1

Disabled Students' Allowance

May cover costs for assistive technology and mentoring.

2

Study Skills Mentoring

Help with time management and organisation.

3

Exam adjustments

Extra time or quieter rooms during exams.

For students with autism

1

University Disability Support Teams

Possible adjustments like note-taking support or mentoring.

2

Exam Adjustments

Extra time or smaller rooms.

3

Social Support

Peer mentoring or structured social opportunities.

4

Transition Planning

Help with settling into university life.

Why This Matters

Getting assessed can help you access academic adjustments and strategies for success.

Always check with your university for what support they can offer.