

NHS Right to Choose – GP Referral Pack



About This Pack

This referral pack has been created by NeuroRelate to assist GPs in making NHS-compliant referrals under the Right to Choose legislation, specifically for ADHD, ASD, and other mental health assessments. This guide ensures patients receive appropriate care via their legal entitlement.

NHS Right to Choose – Legal Overview

Under the NHS Constitution for England and the Patient Choice Framework, patients have the right to choose their healthcare provider for first outpatient appointments, including for mental health conditions. This includes providers who hold NHS contracts.

Patient Eligibility – GP Checklist

- Registered with a GP in England
- Over 18 (unless provider supports younger patients)
- Not currently under a Community Mental Health Team (CMHT)
- Not in crisis or emergency mental health care
- Referral is for a first outpatient appointment

Referral Steps for GPs

1. Confirm patient meets eligibility criteria above.
2. Ask the patient to choose an NHS-funded provider that accepts Right to Choose referrals.
3. Complete a referral letter (see template below).
4. Send referral via e-RS or NHSmail to the selected provider.

Template: GP Referral Letter

Available on next page

To whom it may concern,

I am referring my patient under the NHS Right to Choose to your service for assessment and diagnosis of [suspected condition: e.g., ADHD, Autism Spectrum Disorder]. This patient meets the eligibility criteria for referral under the NHS Constitution.

Patient Name: _____

DOB: _____

NHS Number: _____

Address: _____

Contact Number/Email: _____

Please find clinical details and referral information enclosed.

Sincerely,
[GP Name]
[Practice Address]
[Contact Details]