

30 January 2026

Work to reduce waiting times for Autism/ADHD services

Dear colleague,

The Mid and South Essex Integrated Care Board (ICB) recognises that too many families are facing long waits for Autism and ADHD assessment and treatment.

To tackle these long waits and improve access to care, the ICB has commissioned seven new independent Right to Choose providers to carry out Autism and/or ADHD assessments for children and young people. These new providers now form part of the local NHS pathway for children and young people's Autism and ADHD services in mid and south Essex.

The three providers listed below are accepting referrals now, and four more providers will start accepting referrals later this spring.

Details of the new providers

You can request a referral to one of the providers below through your GP:

- Body and Mind <https://bodymindhealthcareclinic.com/>
- Mind Professionals <https://mindprofessionals.com/>
- The Owl Centre <https://www.theowl.org/clinical-enquiries/>

All providers have been fully checked to make sure they meet NHS standards for care, safety and quality.

More providers to improve access to services

These new providers will work alongside our current Autism and ADHD service providers, enabling more children to be assessed sooner and helping to reduce waiting times.

They can offer ADHD medication services (starting and adjusting medication) if needed and will work with GPs under agreed shared care arrangements. This means more children's prescriptions and reviews can be managed locally when possible.

These new providers offer families more choice in their care provider. Under the Right to Choose guidelines you can choose any provider, but to ensure your care is protected we do encourage patients to select from the providers that are accredited and commissioned within our local care system which helps keep care safe and joined up.

Referrals to the new providers

Please note that referrals to the new providers must be made by your GP, schools cannot refer children to these new providers using My Care Bridge. This is because the new providers operate under Right to Choose guidelines and only GPs are legally able to make referrals to Right to Choose providers.

We have shared information with GPs across mid and south Essex to let them know about the new providers and how to make referrals. Schools can continue to refer children to the Community Collaborative using My Care Bridge as they currently do.

In addition, work is underway with the current providers to support young people who have already been waiting over one year for an ADHD or Autism assessment, which includes those preparing to transition to adult services, to move to these new providers. If families wish to proceed, the re-referral will be fully managed by their local provider, and their GP will be informed accordingly.

Looking ahead

The ICB recognises that too many children and young people have faced long waits for assessment, and the impact this has had on families. The ICB is continuing to work with local partners to make longer-term improvements to how local services are planned and delivered that will help to support more children, young people and their families to access the care they need more quickly and equitably.

I'd also like to let you know that the dedicated ADHD email address that was set up last year to capture enquiries will be closing from 1st February. This is due to the decline in enquiries to the email address the ICB has received as more residents have been supported through the arrangements we've put in place. Please direct any future enquiries or complaints to the regular ICB channels.

Please share this information with your groups and networks. We have provided information about these new providers on the [NHS Mid and South Essex website](#), and our [ADHD prescribing](#) page. Please also continue to make use of the [support pack for families with neurodivergent children](#) which provides an overview of what support is available locally and what other help might be needed.

Thank you for your support as we continue this important work, and please don't hesitate to reach out with any questions.

Kind regards



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