MALLINDER COUNSELLING

ADHD OR AUTISM ASSESSMENT | ADULTS IN ENGLAND | UPDATED 6 NOVEMBER 2026

Thinking about an ADHD or autism assessment?

A practical guide to your options, the questions worth asking and where to start.

1

Your local NHS assessment pathway

Make a GP appointment. Explain the experiences you are having, how they affect everyday life and why you would like an assessment. Ask how local NHS referrals work and what help is available while you wait.

2

NHS Right to Choose

For eligible patients in England, Right to Choose still exists. Ask your GP about an NHS-funded referral to an eligible provider. Check the provider's current waiting time, what the service includes and whether moving an existing referral would affect your place.

3

A private, self-funded assessment

This can be quicker, but the quality of the assessment matters more than speed. Check the clinician's qualifications, whether they follow NICE guidance, total costs, written report and follow-up arrangements. For ADHD medication, your GP is not obliged to accept shared care.

What to check before booking

- Does the assessment consider childhood and current experiences, daily impact and other possible explanations?
- Will you receive a written outcome and clear advice on next steps, even if no diagnosis is given?

Why check assessment quality? A 2026 independent review highlighted risks of misdiagnosis and uneven assessment quality, including among independent providers. That does not mean every private assessment is unreliable.

You can ask for support before a diagnosis

Talk to your GP about current difficulties, ask about workplace or study adjustments, and consider support for anxiety, overwhelm or relationships while you explore assessment.

Need space to talk things through?

Mallinder Counselling offers ADHD-aware, neurodiversity-affirming counselling in Farnborough and online. A diagnosis is not required.

Explore Counselling **Book a free 20- minute introductory call**

Check current guidance: NHS ADHD · NHS autism · NHS choice · NICE ADHD · NICE autism · 2026 review

General information for adults in England; eligibility and local pathways vary. Mallinder Counselling does not provide diagnostic assessments.