

Patient choice/Right to choose for children and young people

What is it?

In many cases you have the legal right to choose where you have your NHS treatment. The NHS is offering more and more options to enable you to make choices that best suit your circumstances, giving you greater control of your care, and hopefully better results.

If a GP needs to refer you for a physical or mental health condition, in most cases you have the legal right to choose the hospital or service you'd like to go to.

This will include many private hospitals if they provide services to the NHS, and it does not cost the NHS any more than a referral to a standard NHS hospital.

You can also choose a clinical team led by a consultant or named healthcare professional, if that service provides the treatment you require, and they have an NHS contract.

What can I do?

NHS Norfolk and Waveney has published a Patient Choice policy [Patient choice at the point of referral](#) and information about children's neurodevelopmental/ASD/ADHD assessment services is available online or through our commissioning team. Your GP may also know about what services may be available locally.

Your GP will decide if a referral to an alternative provider is clinically appropriate. In most cases GP's will need to refer you for assessment.

If your provider of choice is not listed below, please send details of that provider with a contact name to nwicb.cypm@nhs.net, for assessments for children and young people up to 18years.

NHS Norfolk and Waveney will need to be assured that the provider holds an NHS contract for services included in the referral.

Who can I refer to for children and young people?

Provide Wellbeing www.providewellbeing.co.uk
Help 4 Psychology www.help4psychology.co.uk
Mind Professionals <https://mindprofessionals.com/>
Clinical Partners www.clinical-partners.co.uk
Psicon <https://www.psicon.co.uk/>

Who pays for the assessment?

Once a referral is accepted, and before payment the provider will need to contact either of the above email addresses for payment details.

Are there any exclusions?

You may not have a choice if you are:

- already receiving care and treatment for the condition for which you are being referred and this is an onward referral
- using emergency services
- in need of emergency or urgent treatment, such as cancer services where you must be seen in a maximum waiting time of 2 weeks
- a prisoner, on temporary release from prison, or detained in 'other prescribed accommodation' (such as a court, secure children's home, secure training centre, an immigration removal centre or a young offender's institution)
- someone who is held in a hospital setting under the Mental Health Act 1983
- a serving member of the armed forces
- using maternity services (see section 6: 'Choosing maternity services' for more detail)
- referred to services commissioned by local authorities, as your choice will depend on what has been put in place locally

Anything else?

NHS Norfolk and Waveney, along with colleagues across the wider Norfolk and Waveney Integrated Care System have developed the attached advice for parents that should be understood by the patient/patient's parent or carer and the referring GP.