

Right To Choose

Dear GP,

We are a mental health provider delivering Adult ADHD assessments via secure video consultations under the NHS Right to Choose pathway.

All of our assessments are conducted exclusively by fully regulated clinicians, ensuring the highest standards of clinical governance and patient safety—never by unregulated assessors.

We currently collaborate with over 1,500 GP practices across the UK who have accepted our shared care arrangements and are prescribing ADHD medications on the NHS. Referrals can be made easily either by completing our dedicated referral form or via the NHS e-Referral Service (e-RS). We are also proud to offer very low waiting times, with most patients being seen within 1–2 weeks

We would welcome the opportunity to assess patients recommended by yourselves to our service.

Kind regards

Dr Thomas Spencer, Dr Sourabh Singh and Dr Bushra Azam



Dr Thomas Spencer
Consultant Psychiatrist

- Member of the Royal College of Psychiatrists
- Specialist Register of the General Medical Council (No. 6163123)
- Approved Clinician and Section 12(2) Approved under the Mental Health Act



Dr Sourabh Singh
Consultant Psychiatrist

- Former Associate Clinical Director at Oxleas NHS Foundation Trust
- Member of the Royal College of Psychiatrists



Dr Bushra Azam
Consultant Psychiatrist

- Fellow of the Royal College of Psychiatrists
- Experienced in General Adult psychiatry, Adult ADHD, Dementia and Memory Disorders and functional psychiatric illnesses in later life

Find Berkeley Psychiatrists on e-RS

We are committed to providing a clear and efficient referral process for GPs choosing Berkeley Psychiatrists as their preferred provider. Our services are available via the e-RS platform. Please follow the step-by-step guidance below to locate our services and submit patient referrals.

Start: Service Search Criteria

Log in to the service and start a search. Use the following criteria.

Request Type: Referral

Priority: Routine

Speciality: Mental Health – Adults of all ages

Clinic Type: Not Otherwise Specified

Step 2: Select service details
Complete at least 1 field to continue

Speciality:
Mental Health - Adults of all ages

Clinic type:
Not Otherwise Specified

Named clinician:
[Search for a clinician](#)

Add more search detail +

Step 2

GP should select “Berkeley Psychiatrists Ltd”.

Postcode
For example, MRS9 8TY

Location
Maximum distance from postcode or location (optional)
25 miles
[Set a default distance](#)

Service provider organisation (optional)
An organisation that provides services. For example, a hospital.
BERKELEY PSYCHIATRISTS LTD [Remove](#)

Only show age and sex-appropriate services

Step 3

Review the results of your search and select “Berkeley Psychiatrists”.

< Go back to Search

Referral service search results

Select up to 20 services that best meet the needs of your patient.

Select	Distance	Service	Notes for referrer	Appointment wait time	Average treatment wait time
<input type="checkbox"/>	168 miles	Telephone / video BERKELEY PSYCHIATRISTS: Adult ADHD Assessment - Berkeley Psychiatrists, LS1 6XY	Not recorded	Limited availability	Not recorded

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Step 4

Click “Create referral”.

Telephone / video
BERKELEY PSYCHIATRISTS
Adult ADHD Assessment - Berkeley Psychiatrists - 1IK3Y

This is an indirectly bookable service
The patient needs to contact the service to book an appointment.

Service details

Distance	168 miles from LS1 6AE
Average treatment wait time	Not recorded
CQC rating	● Overall: No rating available

[Create referral \(patient to book\)](#)

Step 5

Review Berkeley Psychiatrists’ Exclusion Criteria for referrals.

Average treatment wait time +

CQC rating +

Exclusions -

- If there is active or recent involvement with the following teams:
 - Crisis, Home-based treatment, Assertive Outreach.
 - Active or recent involvement with Drug and Alcohol Services.
 - Active or recent admission to Acute Mental Health Inpatients or 136 suite.
 - Active or recent admission to Psychiatric Intensive Care Unit.
 - Psychosis or undergoing treatment for a Psychotic episode.
 - Active or recent Safeguarding Issues.
 - Active or recent Police Involvement.
 - Active or recent question over Mental Capacity.
 - Active or recent suicidal ideations.
 - Active or recent suffering from significant distress.

Additional requirement availability +

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Step 6

Complete the referral.

NHS e-Referral Service

You've successfully created the referral

What happens now?

The shortlisted services are now available for the patient to review.

You need to:

- send the patient instructions on how to select their clinic
- add a referral letter for the service provider

[Email patient referral instructions](#)

[Print patient referral instructions](#)

[Add referral letter](#)

[View referral summary](#)