

The Mental Health and Learning Disability and Autism Provider Collaborative Patient Choice Policy statement:

The NHS Constitution and the NHS Choice Framework have set out guidance about your choices relating to health care and your treatment as a patient. The Birmingham and Solihull Mental Health Provider Collaborative is committed to giving patients greater choice and control over their health care. Your choice of GP, outpatient or other NHS service should be based on what matters to you most. This includes things like location (including travel times and parking facilities), waiting times, reputation, quality of care and patient feedback.

When accessing mental health services, you have a choice. You have the right to choose where you are referred to by your GP for your first elective outpatient/community appointment as long as the referral is clinically appropriate.

This means:

- A GP needs to refer you.
- The service and team must be led by a consultant or medical healthcare professional.
- The provider needs to have a commissioning contract with the NHS.
- If a provider does not have a current NHS contract, they will need to successfully go through a rigorous accreditation process.

The services within mental health and learning disabilities and autism where you can be offered patient choice are:

- Adult autism assessments,
- Adult ADHD assessments,
- Referrals to community mental health teams outside Birmingham and Solihull,
- Eating disorder referrals.

There are some circumstances where choice cannot be offered.

If you are:

- using or needing the help of urgent, emergency or crisis services or urgent care.
- already receiving mental health care following a referral for the same condition.
- accessing services delivered through primary care.
- in high secure psychiatric services
- detained under the Mental Health Act 1983
- detained in a secure setting. This includes people in or on temporary release from prisons, courts, secure children's homes, certain secure training centres, immigration removal centres or young offender institutions.
- serving as a member of the armed forces.

Help with making your choice:

- All health professionals should explain your choices of health services to help you choose the best option for you
- The [NHS Choice Framework](http://www.gov.uk/government/publications/the-nhs-choice-framework) website has information which will help you to make informed choices: <http://www.gov.uk/government/publications/the-nhs-choice-framework>
- You can find a full list of available services in the [NHS services directory](#).

Once you have chosen the service that you think is best for you, you can book your first hospital or clinic appointment with a specialist by:

- using the [NHS e-Referral Service](#) (note: you will need a booking reference number and password)
- using the NHS App and your NHS account - www.nhs.uk
- by telephoning the referral helpline 0345 608 8888.

If you want more information about your choices in all areas of healthcare, please follow the link below:

[Patient choice - The NHS in England - NHS Choices](#)
[The NHS Choice Framework: what choices are available to me in the NHS? - GOV.UK](#)