

Waiting times for mental health treatments

Request

I would like to request the following information:

At present and at this point last year (i.e. January 2013- or the nearest date possible to then) how long was the average waiting time and how many people are on the list for mental health treatments such as

- a) Counselling for depression, grief, bipolar disorders, sexual abuse and PTSD.
- b) Cognitive behaviour therapy

Our Response

- a) Unfortunately, we do not hold this information as counselling is not provided as a separate service.
- b) At the end of January 2014 there were 97 patients waiting for CBT assessment, all of whom were within the 13 week referral-to-assessment target. During January 2014 26 CBT patients were assessed within an average waiting time of 5 weeks.

Unfortunately, we do not hold the same level of data for January 2013. However, at the end of January 2013 there were 0 (zero) patients on the waiting list for CBT that had been waiting for longer than the 13 weeks waiting time target.

It is worth noting that January 2014 doesn't appear to be a typical month as the size of the waiting list, the average waiting time and the assessment activity levels suggest a service whose waiting list is lengthening. This is not the case and we note that the CBT service gets fairly volatile levels of referrals but can also flex its capacity to meet higher referral rates.