

## Waiting times for talking therapies

### Request

Please could you provide me with the following information from your NHS trust for waiting times for talking therapies to treat mental health conditions:

1. What has been the average waiting time between referral to a psychiatrist and an appointment for that patient over the last 10 years? Please could you break the statistics down into the average waiting time per year. If possible please could you also identify how they were referred to the psychiatrist, for example by a g.p.
2. What has been the average waiting time to see a counsellor for a preliminary assessment (with the view to provide further counselling, for example 4,6,12 week counselling sessions) over the last 10 years? Please could you break the statistics down into the average waiting time per year. If possible please could you break these statistics down further to identify the hospitals or health centres where the counselling was received.
3. What has been the average waiting time between a preliminary assessment with a counsellor where the counsellor has recommended further counselling sessions and the patient receiving these counselling sessions over the last 10 years? Please could you break the statistics down into the average waiting time per year. If possible please could you break these statistics down further to identify the hospitals or health centres where the counselling was received.
4. Over the last 10 years, of those who have received counselling, are you able to tell me how many of them returned for further talking therapy, whether counselling or other talking therapy? Please could I have these as a percentage of those who received counselling? Please could you break the statistics down into the average waiting time per year. If possible please could you break these statistics down further to identify the hospitals or health centres where the counselling was received.
5. What has been the average waiting time between referral and appointment to see a psychotherapist for a preliminary assessment (with the view to provide further psychotherapy) over the last 10 years? Please could you break the statistics down into the average waiting time per year. If possible please could you break these statistics down further to identify the hospitals or health centres where the psychotherapy was received.
6. What has been the average waiting time between the preliminary assessment by the psychotherapist where the psychotherapist has recommended further psychotherapy sessions and the patient receiving these psychotherapy sessions over the last 10 years? Please could you break the statistics down into the average waiting time per year. If possible please could you break these statistics down further to identify the hospitals or health centres where the psychotherapy was received.
7. Over the last 10 years, of those who have received psychotherapy, are you able to tell me how many of them returned for further talking therapy, whether psychotherapy or other talking therapy? Please could I have these as a percentage of those who received psychotherapy? Please could you break the statistics down into the average waiting time per year. If possible please could you break these statistics down further to identify the hospitals or health centres where the counselling was received.
8. Over the last 10 years, how much has your trust spent per year on talking treatments? Please could you break this down into the amount spent per year and very briefly the areas where the money has been spent? How much of the trust's budget is spent on mental health talking treatments?
9. What has been the average waiting time between diagnosis of a mental health condition where the patient has been recommended cognitive behavioural therapy and accessing this therapy over the last 10 years? Please could you break the statistics down into the average waiting time per year. If possible

please could you break these statistics down further to identify the hospitals or health centres where the CBT was received.

10. If possible, please could you supply me with the average waiting times over the last 10 years between diagnosis of a mental health problem and accessing other talking therapies which your trust offers. Please could you break the statistics down into the average waiting time per year for each talking therapy accessed, and to identify the hospitals or health centres where the therapy was received.

## **Our Response**

**OUR RESPONSE:** Unfortunately, we are unable to provide the information you require, as from our preliminary assessment, we estimate that compliance with your request would exceed the appropriate costs limit under section 12 of the Freedom of information Act 2000. This is currently £450. However, rather than refuse your request in its entirety we are providing what information we can that we have been able to locate and extract relatively easily. Please find this attached.

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