

Ref. No: 772
From: Commercial
Date: 30/05/23
Subject: Therapy Waiting Times

REQUEST

- What is the current waiting time from referral to first appointment for mental health therapy in general, and what was the waiting time 1, 5, and 10 years ago?

- What is the current waiting time from referral to first appointment for the following, and what was the waiting time 1, 5, and 10 years ago?

Cognitive behavioural therapy (CBT)

Guided self-help

Counselling

Behavioural activation

Interpersonal therapy (IPT)

Eye movement desensitisation and reprocessing (EMDR) Mindfulness-based cognitive therapy (MBCT) Psychodynamic psychotherapy Couple therapy

- What other mental health therapy options do you offer and what are the waiting times from referral to the first appointment, currently, 1, 5, and 10 years ago?

RESPONSE

MerseyCare provide Adult mental health services to STHK. STHK not in a position to undertake this data search. We do not have access to this information.

STHK do not provide this service. MerseyCare provide this service. The information should be requested from this organisation.

This request should be redirected to <https://www.merseycare.nhs.uk/>