

Freedom of Information Act 2000 disclosure log entry

Reference

23-24076

Date response sent

14/06/23

Subject

Adults Waiting Times 1,5,10 years ago

Details of enquiry

1. 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?
2. 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?
 - a. Cognitive behavioural therapy (CBT)
 - b. Guided self-help
 - c. Counselling
 - d. Behavioural activation
 - e. Interpersonal therapy (IPT)
 - f. Eye movement desensitisation and reprocessing (EMDR)
 - g. Mindfulness-based cognitive therapy (MBCT)
 - h. Psychodynamic psychotherapy
 - i. Couple therapy
3. 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 sent

1. 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?

Month/ Year	Avg Wait in Months
May-23	12
May-22	7.2
May-18	2.1
May-13	1.6

2. 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?
 - a. Cognitive behavioral therapy (CBT)
 - b. Guided self-help

- c. Counselling
- d. Behavioural activation
- e. Interpersonal therapy (IPT)
- f. Eye movement desensitisation and reprocessing (EMDR)
- g. Mindfulness-based cognitive therapy (MBCT)
- h. Psychodynamic psychotherapy
- i. Couple therapy

We do not offer all the therapies listed above, so please visit our website at [Treatments \(tavistockandportman.nhs.uk\)](https://www.tavistockandportman.nhs.uk) for a listing of the treatments we currently provide.

Access to all treatments follows initial clinical assessment which takes place over one or more appointments. We do not record separate waiting times for each type of treatment in a way that allows us to report their individual waiting times.

Whilst assessment appointments can vary from one to five sessions, based on individual circumstances, so we have calculated the average wait time (in months) from referral to treatment (RTT) for patients seen for a second appointment during May of each year as follows:

Month/ Year	Avg Wait in Months
May-23	13.6
May-22	7.4
May-18	2.3
May-13	4.1

3. 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?
Please see our website where all our treatments are listed. This may be reached via the following link: [Treatments \(tavistockandportman.nhs.uk\)](https://www.tavistockandportman.nhs.uk)