

## FOI\_1178\_2023-24 – FOI Request Concerning – NHS Mental Health Services

1. On the first day of each month, how many people were on the waiting list for the following:

a) **Diagnosis from your NHS Children and Young People’s Mental Health Services (CYPMHS)?**

As a CAMHS service, we do not record whether children/young people are, or are not, awaiting a specific mental health diagnosis therefore, we are unable to provide data in relation to this point.

b) **Treatment from your NHS Children and Young People’s Mental Health Services (CYPMHS)?**

Not able to report as the service are currently developing the functionality for recording /waiting for specific forms of therapeutic treatment on the healthcare record system

c) **Diagnosis from your NHS adult mental health services?**

As a Mental Health Service, we do not record whether service users are, or are not, awaiting a specific mental health diagnosis therefore, we are unable to provide data in relation to this point.

d) **Treatment from your NHS adult mental health services?**

| 1:1               | Time Waiting  | No. Waiting |
|-------------------|---------------|-------------|
| Trauma (EMDR/CBT) | 2yrs 29 weeks | 39          |
| CBT Mood          | 2yrs 11 weeks | 10          |
| CAT               | 2yrs 11 weeks | 8           |
| CBTp-EIP          | 1yr 33 weeks  | 8           |
| CBTi-HI           | 1yr 23 weeks  | 17          |
| DBT               | 1yr 18 weeks  | 26          |
| ACT               | 1yr 9 weeks   | 12          |
| Family Work       | 34 weeks      | 6           |

| Group        | Time Waiting | No. Waiting |
|--------------|--------------|-------------|
| ECS Group HI | 45 weeks     | 19          |
| Trauma Group | 0            | 0           |

| <b>Talking Change Service</b>        | <b>No. Waiting</b> |
|--------------------------------------|--------------------|
| Counselling waitlist                 | 47                 |
| Step 2 LTC generic                   | 1                  |
| Step 2 LTC Telephone<br>Face to Face | 3                  |
| Step 2 Guided Self Help              | 3                  |
| Group                                | 17                 |
| Silvercloud                          | 21                 |
| Step                                 | 3                  |
| LTC                                  | 7                  |
| CFT                                  | 19                 |
| ACT                                  | 8                  |
| CBT                                  | 88                 |
| IPT                                  | 1                  |
| Couples                              | 6 (3 couples)      |
| EMDR                                 | 22                 |
| Group                                | 7                  |

**2. Of those, how many were - at that time - waiting for:**

**a) 3 months?**

See above response

**b) 6 months?**

See above response

**c) 12 months?**

See above response

**d) More than 12 months?**

See above response