

## FOI\_1208\_2023-24 – FOI Request Concerning – Therapy Waiting Times (AMH)

---

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?**

May-23	394 waiting 42 days or less
May-23	450 waited 126 days or less
May-22	452 waited 42 days or less
May-22	491 waited 126 days or less
May-18	34 waited less than 29 days
May-18	4 waited 29 to 56 days

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)**

May-23	wait between 1 to 179 days 9 patients waited under 6 months
May-22	wait between 1 to 470 days 3 patients waited 3 just over 3 months 3 patients waited 159, 277 and 470 days
May-18	wait between 6 to 36 days

**b) Guided self-help**

N/A

**c) Counselling**

May-23 wait between 13 to 104 days  
1 patient waited over 3 months  
May-22 wait between 4 to 71 days  
May-18 wait between 7 to 26 days

**d) Behavioural activation**

N/A

**e) Interpersonal therapy (IPT)**

May-23 wait between 6 to 75 days  
May-22 wait between 5 to 78 days  
May-18 wait 26 days

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

N/A

**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?**

It is currently not possible to provide accurate wait list data in relation to specific therapy options and therefore this is N/A.