

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

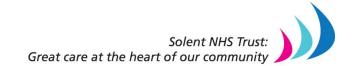
3 patients waited 3 just over 3 months

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.