

Freedom of Information Request

Reference Number: [EPUT.FOI.22.2526](#)
Date Received: [10.06.2022](#)

Information Requested:

Please could you provide the following information as of the end of the financial year 2021/22 regarding mental health related therapy amongst adults:

- The total number of Essex residents waiting to begin therapy following a referral
[586](#)
- The average time Essex residents waited between referral and their first therapy session
[7 days](#)
[These figures are from our Improving Access to Psychological Therapies service.](#)

Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link
<https://eput.nhs.uk>