

Freedom of Information Request

Reference Number: EPUT.FOI.23.2993
Date Received: 30th of May 2023

Information Requested:

Please can you provide the data that answers the following questions?

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?

Current (01/06/2023): 4.7 days

1 Year Ago (01/06/2022): 5.2 days

5 Years Ago (01/06/2018): 7.2 days

10 Years Ago (01/06/2013): 13.3 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?

Cognitive behavioural therapy (CBT)

Guided self-help

Counselling

Behavioural activation

Interpersonal therapy (IPT)

Eye movement desensitisation and reprocessing (EMDR)

Mindfulness-based cognitive therapy (MBCT)

Psychodynamic psychotherapy

Couple therapy

The service does not designate care pathways according to these specific interventions but by step 2 and step 3 treatments accordingly, therefore we cannot provide this information by intervention.

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?

The below are only available for the last two years as we did not previously hold the contract.

- Therapy For You (North Essex)

Current (01/06/2023): <1 day

1 Year Ago (01/06/2022): 4 days

- Therapy For You (South Essex)

Current (01/06/2023): 1 day

1 Year Ago (01/06/2022): 2 days

- Psychosexual Interventions

Current (01/06/2023): <1 day

1 Year Ago (01/06/2022): 3 days

Publication Scheme:

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<https://eput.nhs.uk>