

FOI REF: 23/346

31st May 2023

Tel: 0300 131 4500
Website: www.esht.nhs.uk

FREEDOM OF INFORMATION ACT

I am responding to your request for information under the Freedom of Information Act. The answers to your specific questions are as follows:

- 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?**

Please note that East Sussex Healthcare NHS Trust does not provide a Mental Health Service. This service is provided by Sussex Partnership NHS Foundation Trust who are the Mental Health Trust for this area, their Freedom of Information email address is:-

foi@sussexpartnership.nhs.uk

- 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)**
 - b) **Guided self-help**
 - c) **Counselling**
 - d) **Behavioural activation**
 - e) **Interpersonal therapy (IPT)**
 - f) **Eye movement desensitisation and reprocessing (EMDR)**
 - g) **Mindfulness-based cognitive therapy (MBCT)**
 - h) **Psychodynamic psychotherapy**
 - i) **Couple therapy**

Not applicable – please see response to question 1.

- 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?**

Not applicable – please see response to question 1.

Cont.../

If I can be of any further assistance, please do not hesitate to contact me.

Should you be dissatisfied with the Trust's response to your request, you have the right to request an internal review. Please write to the Freedom of Information Department (esh-tr.foi@nhs.net), quoting the above reference, within 40 working days. The Trust is not obliged to accept an internal review after this date.

Should you still be dissatisfied with your FOI request, you have the right of complaint to the Information Commissioner at the following address:

The Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire SK9 5AF

Telephone: 0303 123 1113

Yours faithfully

Linda Thornhill (Mrs)
Corporate Governance Manager
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