

Freedom of Information Request

Ref: 23-386

30 May 2023

By Email

Dear Sir/Madam

Thank you for your request for information under the Freedom of Information Act 2000. The Trust's response is as follows:

- We can confirm that we do not hold the information you are requesting
- **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?**
- **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**
- **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?**

We do not hold this information.

University Hospitals Bristol and Weston NHS Foundation Trust are not a Mental Health Trust. Please contact Avon and Wiltshire Mental Health Partnership: <http://www.awp.nhs.uk/>

This concludes our response. We trust that you find this helpful, but please do not hesitate to contact us directly if we can be of any further assistance.

If, after that, you are dissatisfied with the handling of your request, you have the right to ask for an internal review. Internal review requests should be submitted within two months of the date of receipt of the response to your original letter and should be addressed to:

Data Protection Officer
University Hospitals Bristol and Weston NHS Foundation Trust
Trust Headquarters
Marlborough Street
Bristol
BS1 3NU

Please remember to quote the reference number above in any future communications.

If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF

Publication

Please note that this letter and the information included/attached will be published on our website as part of the Trust's Freedom of Information Publication Log. This is because information disclosed in accordance with the Freedom of Information Act is disclosed to the public, not just to the individual making the request. We will remove any personal information (such as your name, email and so on) from any information we make public to protect your personal information.

To view the Freedom of Information Act in full please click [here](#).

Yours sincerely

Freedom of Information Team
University Hospitals Bristol and Weston NHS Foundation Trust