

Ref: FOI/GS/ID 8222

Please reply to:
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Freedom of Information Act 2000

I am writing in response to your request for information made under the Freedom of Information Act 2000 in relation to mental health therapy.

You asked: All questions are shown as received by the Trust.

- 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?*
- 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) Mindfulness-based cognitive therapy (MBCT) Psychodynamic psychotherapy Couple therapy*
- 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?*

Trust response:

Maidstone and Tunbridge Wells NHS Trust is not commissioned to provide this service please contact Kent and Medway NHS and Social Care Partnership Trust (KMPT) directly.