

Trust Headquarters
Russell's Hall Hospital
Dudley
West Midlands
DY1 2HQ

Ref: FOI-052023-00092

Date: 31/5/23

Address / Email:

Request Under Freedom of Information Act 2000

Thank you for requesting information under the Freedom of Information Act 2000.

Response

Dear The Dudley Group NHS Foundation Trust,

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

- 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?

The Dudley Group NHS Foundation Trust is not a mental health trust

If you are dissatisfied with our response, you have the right to appeal in line with guidance from the Information Commissioner. In the first instance you may contact the Information Governance Manager of the Trust.

Information Governance Manager

Trust Headquarters

Russell's Hall Hospital

Dudley

West Midlands

DY1 2HQ

Email: dgft.dpo@nhs.net

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Should you disagree with the contents of our response to your appeal, you have the right to appeal to the Information Commissioners Office at.

Information Commissioners Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF
Tel: 0303 123 1113
www.ico.org.uk

If you require further clarification, please do not hesitate to contact us.

Yours sincerely

Freedom of Information Team
The Dudley Group NHS Foundation Trust