



Trust Headquarters
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Date:

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Dear,

I am writing in response to your enquiry under the Freedom of Information Act 2000 (FOIA) reference FOI 230536.

You requested the following information. Please also see our response on the attached spreadsheet as requested:

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?

As an ambulance service, these questions are not relevant to the service we provide.

I hope you find this information of some assistance.

If for any reason you are dissatisfied with our response, kindly in the first instance contact Caroline Smart, Head of Information Governance via the following email address:

FOI@secamb.nhs.uk

Yours sincerely

**Freedom of Information Coordinator
South East Coast Ambulance Service NHS Foundation Trust**

