



Ambulance Headquarters

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Our Ref: FOI.23.219

Naomi Aharony

E-mail: request-985526-0c1d9312@whatdotheyknow.com

6 June 2023

Dear Ms Aharony

Freedom of Information Act 2000 – Information Request

Thank you for your request for information under the Freedom of Information Act which was received on 30 May 2023. I can confirm that we do not hold the information you have requested. You asked the following questions, reproduced in **bold** below:

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 trust we do not hold the information you have requested. However, please find the following Acute and Mental Health Trusts for the North East area covered by the North East Ambulance Service NHS FT. The hospital addresses are publicly available through their respective websites, and some of them may hold the information you are seeking.

Northumbria Healthcare NHS FT
Newcastle Upon Tyne Hospitals NHS FT
City Hospitals Sunderland NHS FT
South Tyneside NHS FT
County Durham & Darlington NHS FT

North Tees & Hartlepool Hospitals NHS FT
South Tees Hospitals NHS FT
Tees, Esk & Wear Valleys NHS FT
Northumberland, Tyne & Wear NHS FT
Gateshead Health NHS FT

If you are not satisfied with the information we have provided, you can request an internal review within 40 working days of the date of this letter, which will be carried out by Mr Paul Aitken-Fell, who is the Trust's Lead Consultant Paramedic and is someone not involved with your original request.

If you wish to follow this route, please contact karen.greenacre@neas.nhs.uk who will commence the process on your behalf.

If you remain unhappy with the outcome of the review, you can ultimately complain to:

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

Yours sincerely



Mark Cotton
Freedom of Information Lead