



Ref: FOIA Reference 2023/24-120

Date: 7<sup>th</sup> June 2023

Email [foi@uhnm.nhs.uk](mailto:foi@uhnm.nhs.uk)

Dear

I am writing to acknowledge receipt of your email dated 30<sup>th</sup> May 2023 requesting information under the Freedom of Information Act (2000) regarding mental health.

As of 1<sup>st</sup> November 2014 University Hospitals of North Midlands NHS Trust (UHNM) manages two hospital sites – Royal Stoke University Hospital, and County Hospital (Stafford). Therefore the response below is for the two sites combined from that date where appropriate.

**Q1 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?**

A1 Not applicable to UHNM as we are not a mental health Trust

**Q2 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**

A2 Not applicable to UHNM as we are not a mental health Trust

**Q3 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?**

A3 Not applicable to UHNM as we are not a mental health Trust

\*Please note that any individuals identified do not give consent for their personal data to be processed for the purposes of direct marketing.

***UHNM NHS Trust is a public sector body and governed by EU law. FOI requestors should note that any new Trust requirements over the EU threshold will be subject to these regulations and will be advertised for open competition accordingly.***

Where the Trust owns the copyright in information provided, you may re-use the information in line with the conditions set out in the Open Government Licence v3 which is available at <http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/>. Where information was created by third parties, you should contact them directly for permission to re-use the information.

An anonymised copy of this request can be found on the Trust's disclosure log, please note that all requests can be found at the following link: <http://www.uhnm.nhs.uk/aboutus/Statutory-Policies-and-Procedures/Pages/Freedom-of-Information-Disclosure-Log.aspx>

This letter confirms the completion of this request. A log of this request and a copy of this letter will be held by the Trust.

If you have any queries related to the response provided please in the first instance contact my office.

Should you have a complaint about the response or the handling of your request, please also contact my office to request a review of this. If having exhausted the Trust's FOIA complaints process you are still not satisfied, you are entitled to approach the Information Commissioner's Office (ICO) and request an assessment of the manner in which the Trust has managed your request.

The Information Commissioner may be contacted at:

Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire SK9 5AF or via [www.ico.org.uk](http://www.ico.org.uk).

If following review of the responses I can be of any further assistance please contact my secretary on 01782 671612.

Yours,



**Rachel Montinaro**  
Data Security and Protection Manager - Records