



Wrightington, Wigan and Leigh Teaching Hospitals

NHS Foundation Trust

Information Governance Department

Suite 9

Buckingham Row

Brick Kiln Lane

Wigan

WN1 1XX

Email: foi@wwl.nhs.uk

Web: www.wwl.nhs.uk

Ref: FOI/2023/8931

Date Received: 30th May 2023

Response Due: 27th June 2023

Date: 19th June 2023

Dear Sir/Madam

You asked:

- 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?

Please find redirection below.

- 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

Please find redirection below.

- 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?

Please find redirection below.

Please redirect your request to:

Greater Manchester Mental Health NHS Foundation Trust
Information Governance Department
Freedom of Information Team
Bury New Road
Prestwich
Manchester
M25 3BL

<https://www.gmmh.nhs.uk/freedom-of-information>

If you are not entirely satisfied with this response, please do not hesitate to contact the Information Governance Department via the email address provided. If we do not hear from you within 40 days, we will assume that we have been able to accommodate your request under the Freedom of Information Act 2000.

Yours sincerely,



Rabina Tindale
Chief Nurse & DIPC

PLEASE NOTE:

If you are unhappy with the service you have received in relation to your request and wish to make a complaint or request a review of our decision, you should write to: Information Governance Department, Wrightington, Wigan and Leigh NHS Foundation Trust, Suite 9, Buckingham Row, Brick Kiln Lane, Wigan, WN1 1XX.

If you are not content with the outcome of your complaint, you may apply directly to the Information Commissioner for a decision at:

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

Helpline number: 0303 123 111