

1. What is the current waiting time for treatment for talking therapies in your area in primary healthcare? Please break down the wait for each type (or 'choice of modality') which is available in your area.

See 2nd table below

2. What is the current longest wait for talking therapies in your area in primary healthcare? That is, what length of time has the person who's been waiting the longest been waiting? Please give the wait for each type of therapy (or 'choice of modality') which is available in your area.

See 2nd table below

3. 3. What is the current waiting time for treatment for talking therapies, appointments with psychologists or psychiatrists in your area in secondary healthcare? (Please break down the wait for each type (or 'choice of modality') which is available in your area.

N/A

4. What is the current **longest** wait for talking therapies, appointments with psychologists or psychiatrists in your area in secondary healthcare? That is, what length of time has the person who's been waiting the longest been waiting? Please give the wait for each type of therapy (or 'choice of modality') which is available in your area.

N/A

5. How many referrals have there been into adult mental health services in your area at a) primary care level and b) secondary care level in the calendar years 2013, 2014, 2015 and 2016 to date. Please break referrals down into talking therapies and overall mental health referrals, if possible.

Primary care:

Therapy Type	2013	2014	2015	2016 to date*
CBT	738	724	594	174
Counselling	575	437	719	123
Guided Self Help	1699	2365	2001	1244

*2016 Guided self-help higher and other modalities lower due to new pathway all referrals are assigned here initially for triage

5 - Secondary care N/A

6. What is the maximum number of talking therapy sessions an adult, eligible for therapy, can receive in your area at primary and secondary care level.

Therapy Type	Current Wait	Longest wait	Maximum sessions
CBT	5 weeks	13 weeks	20
Counselling	11 weeks	15 weeks	20
Guided Self Help	2 weeks	11 weeks	8

In 2016 a new pathway has been introduced to reduce waiting times. All patients now enter via guided self-help and the current wait here is 2 weeks. The 11 week longest wait is due to patient DNA's

6 – Secondary care N/A