

**FOI 083/2025 Response**

1. How many individuals are currently receiving mental health interventions from the community mental health team and associated community mental health initiatives, such as Talking Therapies.

Individuals aged:

18 to 35: 8705

35 to 64: 17024

65+: 8663

2. How many in each age range are male, how many are female and how many identify as other genders?

Age Group	Female	Male	Others
18-35	5336	3339	30
36-64	9238	7780	6
65+	5346	3317	0

3. How many of those individuals have been known to community mental health services for more than three years?

15016

4. What is the average length of time for an individual to reach treatment of some kind (group, one to one, or skills course etc) from self or GP's referral?

Session Type	Self-Referral (days)	GP Referral (days)
Group	57	363
One to One	27	208

5. What is the average length of time from referral for an individual to reach one to one treatment with a clinician?

188 days

6. In the past 12 months, how many individuals have received the following:

Group therapy sessions: 3253

One to one therapy sessions (CBT/counselling etc): 74075

Other forms of therapy:

7. In the past 12 months how many individuals attended group therapy remotely?

1587

Note: Q7 and Q8 add up to more than the figure in Q6 due to some patients receiving group therapy remotely and in-person in the year. We are counting them once in Q6 but will appear in counts for Q7 and Q8.

**8. In the past 12 months how many individuals attended group therapy in person?**

1763

Note: Q7 and Q8 add up to more than the figure in Q6 due to some patients receiving group therapy remotely and in-person in the year. We are counting them once in Q6 but will appear in counts for Q7 and Q8.

**8. In the past 12 months, how many individuals received therapeutic interventions (such as CBT/psychotherapy/IPT/counselling etc) one to one with a clinician via the following methods:**

Face to face appointments: 51860

Video Meeting (Teams/Attend Anywhere etc): 7363

Telephone calls: 41807

**9. In the past 12 months, how many individuals have stopped engaging or failed to complete treatment?**

8136

Note: The data is based on patients discharged due to DNA, non-adherence, self-discharge or declining service.

**10. How many individuals in the past 12 months have received onward referral from the CMHT/Talking Therapies etc to psychiatric services for further assessment?**

486

Note: Based on patients referred from Talking Therapy to CMHT services