

FOI 0108/2025 Response

Request

Please can you let me know the types of treatment / therapy that the chronic fatigue syndrome clinic offer and if the treatment / therapy can be delivered remotely online?

Response

The Trust do not specifically provide interventions for people with a main presenting problem of chronic fatigue syndrome.

Our primary and secondary care mental health services do not provide interventions for people with a main presenting problem of chronic fatigue.

We can provide information about sleep hygiene to those who present with sleep difficulties in our secondary care services and in our Talking Therapy Services.

However, chronic fatigue syndrome would be a secondary issue and not the main presenting complaint. We would therefore ask the GP to refer an individual to their associated sleep clinic.