

FOI 0163/2025 Response

Request

Please can you answer my below questions about the Chronic Fatigue Syndrome Clinic Service:

- Can I access the CFS clinic to get post diagnostic support if I already have a diagnosis?
- How long would it take to get an apt at your CFS clinic?
- Does your service offer 1-to-1 remote therapy sessions with a therapist or psychologist who specialises in CFS?
- Does your service support patients with carrying out the POTS test and provide specific advice for managing POTS?
- Does your service give personalised recommendations on supplements, including types and dosages?

Response

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

Our primary and secondary care mental health services do not provide assessment, diagnosis, or interventions for people with a main presenting problem of chronic fatigue syndrome or POTS.

We can provide information about sleep hygiene to those who present with sleep difficulties in our secondary care services and in our NHS 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 or chronic fatigue syndrome clinic.