

FOI 0279 2025 Response

For the requested time period 2024/2025 financial year please provide:

1. The number (or percentage) of individuals from different ethnic backgrounds who have accessed NHS-funded counselling or talking therapy services (such as IAPT)

Ethnic Background	Patients	Percentage
White - English/Welsh/Scottish/Northern Irish/British	7637	46%
Asian or Asian British - Pakistani	2338	14%
Asian / Asian British - Indian	1010	6%
Black / Black British - Caribbean	912	5%
White - Other	705	4%
Black / Black British - African	560	3%
Not Known	508	3%
Any other Ethnic Group	502	3%
Asian or Asian British - Bangladeshi	489	3%
Mixed - White & Black Caribbean	457	3%
Asian / Asian British - Other	447	3%
Not Asked	297	2%
Mixed - Other	268	2%
White - Irish	148	1%
Mixed - White & Asian	147	1%
Asian / Asian British - Chinese	118	1%
Black / Black British - Other	94	1%
Mixed - White & Black African	59	0%
Grand Total	16696	100%

2. The number (or percentage) of individuals from different ethnic backgrounds who have accessed NHS-funded counselling or talking therapy services (such as IAPT)

Ethnic Background	Gender	Patients	Percentage
BAME		8254	49%
	Female	5622	34%
	Male	2614	16%
	Non-binary	15	0%
	Not known	1	0%
	Not Stated	1	0%
	Other	1	0%
Non-BAME (White British)		7637	46%
	Female	4933	30%
	Male	2679	16%
	Non-binary	22	0%
	Not known	1	0%
	Not Stated	1	0%
	Other	1	0%
Not Known		805	5%
	Female	556	3%
	Male	248	1%
	Not known	1	0%
Grand Total		16696	100%

3. The percentage of referrals from different ethnic backgrounds by Reliable recovery and reliable improvement rate using the Talking Therapy National KPI definitions

Ethnic Background	Reliable Recovery Rate	Reliable Improvement Rate
BAME	40%	60%
Non-BAME (White British)	48%	64%
Not Known	44%	52%
Total	44%	61%

Note: The data provided is in relation to Reliable Recovery and Reliable Improvement rate figures, which are nationally measured indicators.