

Freedom of Information Request	FOI 22-415	26 th September 2022
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- 1. How many individuals were on a waiting list to receive mental health therapy/counselling within your health board on**
01/08/2022;
01/08/2021;
01/08/2020;
01/08/2019;
01/08/2018?

2018	2019	2020	2021	2022
964	2993	2960	2918	3180

Please note the Mental Health and Learning Disabilities Division of the Health Board includes all services pertaining to Mental Health and Learning Disabilities with the exception of those aged under 18. These services include Older Adult Mental Health, Adult Mental Health, Specialist Services (such as the Eating Disorder Service, Veterans' Service, Peri-natal mental health service, Learning Disabilities etc) and the Primary Care Mental Health Support Service (PCMHSS).

- 2. Between 01/08/2020 and 01/08/2022, how long did it take, on average, for an individual to receive mental health therapy/counselling within your health board?**

The Health Board is unable to provide an 'average' waiting time due to the diversity across the service in terms of 'mental health therapy/counselling' as it covers such a broad remit and waiting times will vary in each area.

However, you may wish to contact [Welsh Government](#) as they collate data from Health Boards across Wales in relation to waiting times for psychological therapies.