**BNSSG NHS Talking Therapies Waiting Times**

**Reporting Month: Sept 2024**

**Average Wait Times for NHS Talking Therapies service**

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| --- | --- |
| **Current Assessment Waiting time** | **14 Days** |

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| --- | --- | --- | --- | --- | --- |
| **Treatment** | | Day | Evening | Face-to-Face | Interpreters |
| Low Intensity | 1:1 CBT | 0 months | 3 months | N/A | 5 months |
| 1:1 Long Term Conditions | 3 months | 6 months | N/A | 5 months |
| Webinars | 2 weeks | 2 weeks | N/A | N/A |
| Silvercloud computer-based CBT | 0 months | 0 | N/A | N/A |
| High Intensity | CBT | 14 months | 19 months | 17 months | 17  months |
| CFD | 4 months | N/A | 4 months | 4 months |
| EMDR for Trauma | 16 months | N/A | 17 months | 12 months |
| Interpersonal Therapy | 19 months | N/A | N/A | N/A |
| Long Term Conditions CBT | 15 months | 11 months | 16 months | 16 months |
| Couples Therapy | 0.5 Months | N/A | N/A | N/A |
| Other pathways | Employment Support | 3 weeks | 3 weeks | N/A | 3 weeks |

**Please Note:**

**Wait times are averages only. As an example, someone waiting for High Intensity CBT face-to-face (14 months) who has full availability Monday – Friday daytime and evening will wait less than average, whilst someone only available for one evening per week will wait longer.**

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**For further information please contact** [**bnssgpartnerships@vhg.co.uk**](mailto:bnssgpartnerships@vhg.co.uk)