**BNSSG NHS Talking Therapies Waiting Times**

**Reporting Month: March 2025**

**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 | 1 month | 3 months | N/A | 2 months |
| 1:1 Long Term Conditions | 1 month | 3 months | N/A | 2 months |
| Webinars | 2 weeks | 2 weeks | N/A | N/A |
| Silvercloud computer-based CBT | 1 month | 1 month | N/A | N/A |
| High Intensity | CBT | 13 months | 16 months | 18 months | 14 months |
| CFD | 6 months | N/A | 47months | 4 months |
| EMDR for Trauma | 19.5 months | N/A | 19.5 months | 16 months |
| Interpersonal Therapy | 20.5 months | N/A | N/A | N/A |
| Long Term Conditions CBT | 13 months | 13 months | 17 months  | 13 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 (18 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**