

Date 25/06/2026  
Your Ref  
Our Ref 11536

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Dear

## FREEDOM OF INFORMATION – REFERRALS

I write in response to your request for information in relation to referrals.

### Question:

- How many referrals from January 2025 to December 2025 were accepted in the Community mental health teams.
- How many referrals from January 2025 to December 2025 were rejected in the Community mental health teams.
- How many referrals from January 2025 to December 2025 were accepted in psychology services.
- How many referrals from January 2025 to December 2025 were rejected in psychology services.
- How many referrals from January 2025 to December 2025 were accepted in Psychiatry.
- How many referrals from January 2025 to December 2025 were rejected in Psychiatry.
- How many referrals from January 2025 to December 2025 were accepted in addiction services.
- How many referrals from January 2025 to December 2025 were rejected in addiction services.

### Answer:

Due to the triage process via the single point of referral, we are unable to say how many referrals were rejected by specific teams/ services.

Under the Freedom of Information Act NHS Lothian is not required to create new records to enable it to respond to your enquiry. This information is not collated or held in aggregate form and it would be necessary to review all case files **relating to patients** over the period you

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Chair Professor John Connaghan CBE  
Chief Executive Professor Caroline Hiscox  
*Lothian NHS Board is the common  
name of Lothian Health Board*

have requested to assemble the information you seek. Even if NHS Lothian did this – and there would be significant cost implications in doing so – it would be unable to respond in full to your request. The information requested is therefore exempt under section 12.1 – Cost.

We can however confirm the number of accepted referrals between Jan 2025 and December 2025, which are detailed in the table below.

In relation to the number of referrals to Psychology services, we have answered this based on referrals to Psychological Therapy services. The staff delivering these services are not exclusively Psychologists.

Service Area	Accepted Referral Count
Community Mental Health	2,588
Psychiatry	3,263
Substance Use	4,057
Psychology Services	17,929

Question:

- Between January 2025 to December 2025, what was the longest wait for people in addiction services to be assessed.

Answer:

We are unable to report the longest wait for addiction services due to small numbers and to disclosure issues.

Since we do not have their consent to release this data from their records, the information is exempt under section 38(1)(b) of the Freedom of Information (Scotland) Act i.e. to provide it would breach the Data Protection Act (2018).

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at [www.itspublicknowledge.info/Appeal](http://www.itspublicknowledge.info/Appeal). If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.



If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhslothian.scot/FOI/Pages/default.aspx>

Yours sincerely

**ALISON MACDONALD**  
**Executive Director, Nursing**  
Cc: Chief Executive