Lothian NHS Board

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Date: 19/11/2026
Our Ref: 12115
Enquiries to loth.freedomofinfomation@nhs.scot

Dear

FREEDOM OF INFORMATION – PSYCHOLOGICAL THERAPIES WAITING TIMES

I write in response to your request for information in relation to psychological therapies waiting times.

Question:

> Among all the children and young people from your health board area who waited in excess of the 18-week psychological therapies standard and started their treatment in (a) 2024/25 (b) 2025/26 (c) 2024-25 and (d) 2026/27 to date (including those still waiting), what was the total number of days over the 18-week standard that they collectively waited. Please break down the figures for each year specified. For example, if a person began their treatment after 30 weeks, then that person would contribute 84 days towards the total for the year in which they started their treatment (12 weeks x 7 days).

Answer:

> Waiting times data is not recorded centrally specifically for children and young people's psychological therapy treatment. The waiting times data is included in the general Child and Adolescent Mental Health Service (CAMHS) waiting times.

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 https://www.foi.scot/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 reviewer at the address at the top 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

Yours sincerely

ALISON MACDONALD
Executive Director of Nursing Midwifery and AHPs
Cc: Chief Executive