

31 October 2025

## **Mental Health Conditions**

**1. The number of individual patients treated in your trust who are diagnosed, either as a primary diagnosis or a co-morbid diagnosis, with the following mental health conditions/available categorisation over the past five years/available time period:**

- Psychosis / Schizophrenia / Schizo-Affective Disorder
- Treatment Resistant Depression
- Bipolar / Cyclothymia / Hypomania
- Eating Disorders
- EUPD/CEN
- Other
- Diagnosis not recorded

**The ICD-10 codes are as follows:**

**For bipolar, all of F31.**

**For TRD, F32 and F33**

**For schizophrenia/psychosis, all of F20 - F29.**

**For CEN/EUPD, F60.3 and all of F93.**

**For eating disorders, all of F50.**

We do not hold data in a format that would allow us to answer this question. This would require a manual trawl taking longer than 18 hours. (see below)

**2. The total number of admissions in your trust involving the following mental health conditions/available categorisation, where individuals have been sectioned under the Mental Health Act over the past five years/available time period:**

- Psychosis / Schizophrenia / Schizo-Affective Disorder
- Treatment Resistant Depression
- Bipolar / Cyclothymia / Hypomania
- Eating Disorders
- EUPD/CEN
- Other
- Diagnosis not recorded

We do not hold data in a format that would allow us to answer this question. This would require a manual trawl taking longer than 18 hours. (see below)

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**3. Does your trust have a specialist care pathway that provides treatment for the following conditions?**

- **Bipolar/Cyclothymia/Hypomania**
- **Psychosis/Schizophrenia/Schizo-Affective Disorder**
- **EUPD/CEN**
- **Treatment resistant depression**
- **Eating Disorders**

**Bipolar/Cyclothymia/Hypomania – No**

**- Psychosis/Schizophrenia/Schizo-Affective Disorder – No**

**- Treatment resistant depression – No**

Community Mental Health Team provides treatment aligned to NICE (National Institute for Health and Care Excellence) guidelines for the referenced illnesses, but do not provide specialist input.

**4. If 'yes', please describe these care pathways.**

**Eating Disorders – Yes**

**EUPD/CEN – Yes**

The Belfast Trust has a specialist Self Harm/Personality Disorder Service which follows the Northern Ireland PD Care pathway. Belfast Health and Social Care Trust doesn't use the term CEN (Complex Emotional Needs) in relation to treatment pathways rather we have a preference to use the term Borderline Personality Disorder, largely as this is the term used by National Institute for Health and Care Excellence and the more up to date ICD-11. Pathway into specialist personality disorder treatment in the Belfast Health and Social Care Trust is via Community Mental Health Teams. Following discussion of the patient a referral is agreed and sent by keyworker. Referred patients are offered an initial appointment to discuss the treatment pathway and ensure suitability prior to agreeing a place in the initial group treatment. Following this initial 8-week psychoeducational group they are invited to a post group review following which they can be either discharged back to Community Mental Health Team or offered a full assessment with the service. The assessment clinic involves completing an assessment with team practitioners and an appointment with one of the Psychiatrists in the service. Patients may be offered to engage in a 12-week mentalisation based treatment psychoeducational group with a view to moving on to an 18-month mentalisation based treatment which comprises of weekly group alongside weekly individual session. Upon completion of this the patient is offered a year of self activated reviews with the service and at that point is usually successfully discharged to General Practitioner (GP).

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The Belfast Trust has a specialist multidisciplinary Adult Eating Disorder service which is commissioned for treatment of severe eating disorders. The Service offers outpatient assessment and treatment to people aged 18-65 with Anorexia Nervosa, Bulimia Nervosa and Atypical Anorexia Nervosa/Bulimia Nervosa. The Trust follows a care pathway based on a stepped care model for eating disorders treatment, which includes General Practitioner support, community and outpatient services, a specialist eating disorder team, and inpatient care for complex cases.

**5. If 'yes', please provide the estimated annual spend for said specialist care pathways for each year / available time period, providing the name of each service, from 2019 to 2025.**

For the period to end of 30/09/25

		23/24	24/25	25/26
<b>Eating disorders</b>	<b>Total costs</b>	£616,691	£668,974	£434,497
	<b>Individual Funding Requests</b>	£0	£0	£85,858
<b>Self harm/Personality Disorder</b>	<b>Total costs</b>	£227,493	£300,612	£144,445

Belfast Trust considers that the cost of retrieving the information would be above the 'Appropriate Limit', as defined by the Freedom of Information Act under Section 12. Section 12 of the Freedom of Information Act makes provision for public authorities to refuse requests for information where the cost of dealing with them would exceed the appropriate limit. The limit has been specified as £450 for public authorities such as Belfast Trust.