Belfast Health and Social Care Trust
caring supporting improving together

FOI/38590

28 October 2026

Psychological support services for people living with HIV in Northern Ireland

Please provide information held by the Health and Social Care Trust as at the date of this request. We are requesting recorded information only.

For the purposes of this request:

- ***"HIV service" means the service or services responsible for providing specialist outpatient HIV care.***
- ***"Psychological support" includes identification or assessment of psychological need, psychological interventions, specialist psychological therapies, neuropsychological support, mental health pathways, and HIV peer support. More information regarding psychological support services for people living with HIV, national standards and service specifications can be found in the British HIV Association's Standards of Psychological Support for Adults Living with HIV.***

1. **Name of your Health and Social Care Trust?**

   Belfast Health and Social Care Trust

2. **Does the HIV service(s) have a named or designated role with recorded responsibility for overseeing psychological support for a) adults b) children and young people living with HIV?**

   If yes, please provide:

   a. the job title

   Consultant Clinical Psychologist

   b. the relevant department or service;

   Adult Psychological Services

   c. whether the post forms part of the HIV multidisciplinary team; and

   Yes the post forms part of the HIV MDT

d. the funded whole-time equivalent allocated specifically to this responsibility, if recorded.

1WTE

3. **Does the HIV service have access to funded psychological practitioner capacity dedicated wholly or partly to people living with HIV?**

   Yes

   If yes, please provide, where held:
   a. the profession(s) or job title(s);

   1 WTE Consultant Clinical Psychologist

   b. the funded whole-time equivalent dedicated to HIV care.

   Yes

4. **Using the table below, please indicate which services for people living with HIV are available within your Health and Social Care Trust, the delivery route for each service (using the codes provided below), whether the service is commissioned specifically for people living with HIV, and whether the service uses Patient-Reported Outcome Measures (PROMs).**

Type of support	Available?	Delivery route (Select all applicable codes)	Commissioned specifically for people living with HIV?	PROMs used?
Psychological needs identification or assessment	Yes	A	Yes	Yes
Low-intensity psychological interventions	Yes	A	Yes	Yes
Specialist psychological practitioners (e.g. clinical psychologists, counselling psychologists, psychotherapists)	Yes	A	Yes	Yes
Specialist psychological therapies	Yes	A	Yes	Yes

Neuropsychological assessment or support	Yes	B	No	Not held
Pathway for severe and enduring mental illness	Yes	B	No	Not held
HIV peer support	Yes	C	Yes	Yes / No / Not held
Online psychological support services	Yes	A, B, C	Yes	Yes
Other	**Specify**	**Select code**	**Yes / No / Not held**	**Yes / No / Not held**

Delivery-route codes:

- ***A: Provided within the HIV service***
- ***B: Referred to another NHS service***
- ***C: Provided by a commissioned HIV-specific VCSE organisation***
- ***D: Provided by a commissioned non-HIV-specific VCSE organisation***
- ***E: Provided by a commissioned independent or private provider***
- ***F: Information not held***

5. **Does the Health and Social Care Trust hold a current HIV training programme, training requirement, competency framework or guidance for staff delivering psychological or mental health support to people living with HIV?**
   If yes, please provide a copy or web link, or state:

   a. **the title of the training or document;**

      HIV Awareness training delivered by BHSCT Sexual Health Training Team

   b. **the staff groups to which it applies; and**

      All trust staff

   c. **whether completion is mandatory or optional.**

      Mandatory

6. **For the calendar year 1 January to 31 December 2025, please provide the following recorded figures, where held:**

   a. the total number of people recorded as receiving HIV care;

   1518

b. the number who received a recorded psychological-needs identification, screening or assessment;

Unknown

c. the number identified through that process as requiring or potentially benefiting from psychological support; and

58

d. the number referred by the HIV service for psychological support.

58

If the NHS Board already holds percentages corresponding to these figures, please also provide them. We are not asking the organisation to calculate percentages that it does not already hold.

7. **For referrals made during 2025, please provide any recorded information held on waiting time, in calendar days, from the date of referral to the first attended psychological-support appointment.**

   Recorded information on waiting times held in days from date of referral for psychological support to dates of initial psychological assessment, for referrals made to HIV Adult Psychological Service between 1.1.25 – 31.12.25.

   - Please note, there was a gap in psychology service provision between 15.9.23 - 21.7.25 due to staffing issues, reflected in prolonged wait times during this period.

   Where held, please provide:

   a. mean waiting time;

   474 Days

   b. median waiting time;

   473 Days

   c. the number of referrals included in the calculation; and

   56

   d. the definition of waiting time used, and reporting period used.

   Waiting times above are reported in days. Waiting times are reported monthly using minimum data set (MDS) information (i.e. 0-3 weeks; 4-6 weeks etc).

We are not asking the NHS Board to calculate a mean or median if it does not already hold that information.

8. **Since 1 January 2020, has the HIV service(s) completed an audit, self-assessment, service review, gap analysis or quality-improvement exercise that explicitly assessed provision against either of the following standards?**

   No

a. **BHIVA Standards of Psychological Support for Adults Living with HIV (either the 2011 Standards or the updated 2025 Standards)**
b. **Psychological Management of Children and Young People Living with HIV: Standards for Care**

   For each relevant exercise completed, please provide:

   a. its title and completion date;

   No

   b. which standard was used;

   No

c. **a copy of the final report, action plan or executive summary; or, if already published, a web link; and**

   No

d. **the recorded status of actions arising from it, where held.**

   No