

29 May 2025

## **Current Waiting Times for Cognitive Behavioural Therapy**

**Q1. Could you please outline what the current waiting times following referral for a patient to commence the cognitive behavioural therapy is?**

The current wait time for a “New” initial assessment of suitability for Cognitive Behavioural Therapy is up to 13 weeks.

The current longest wait time from initial assessment to the commencement of Cognitive Behavioural Therapy is 309 days.

**Q2. Do you rely on any support from the private sector for delivery of cognitive behavioural therapy for your services?**

The Belfast Health and Social Care Trust do not utilise any supports from the private sector for the delivery of Cognitive Behavioural Therapy services.