



East London

NHS Foundation Trust

Information Governance

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9 October 2025

Our reference: FOI DA6263

I am responding to your request for information received 22 September 2025 and clarified on 23 September. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,

Information Rights Coordinator

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113

Web: www.ico.org.uk

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We promise to work together creatively to: learn
'what matters' to everyone, achieve a better quality
of life and continuously improve our services.
We care . We respect . We are inclusive

Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request: Please provide the most recent figures you hold (as of September 2025),

Question 1: The current average waiting time for patients to access your mental health services.

Clarification: I am specifically interested in obtaining data related to Talking Therapy (IAPT) Services.

Answer: In September 2025 the average wait from referral to first attended appointment across the Trust's three Talking Therapies services was 12.9 days.

Question 2: The total number of patients currently on waiting lists for mental health services.

Clarification: I am specifically interested in obtaining data related to Talking Therapy (IAPT) Services.

Answer: As of 8 October 2025 there were 799 people on waiting lists for initial assessment and 3,154 on waiting lists for subsequent treatment across the three Talking Therapies services at the Trust.



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