

Our Ref: 64045

17 December 2019

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## Re: Freedom of Information Request

Please find below the response to your recent Freedom of Information request regarding cognitive behavioural therapy within NHS Southport and Formby CCG.

### Request/Response:

1. Please state how much you have spent in (i) 2017-18 and (ii) 2018-19 on sessions of cognitive behavioural therapy for your patients.

NHS South Sefton CCG holds an IAPT contract with Cheshire and Wirral Partnership NHS Foundation and a CAMHS contract with Alder Hey Children's Hospital NHS Trust, which covers CBT, counselling, group work and other IAPT interventions for people with mental health issues.

The CCG are unable to provide a breakdown therefore you may wish to refer your query to

Adults –

Cheshire and Wirral Partnership NHS Foundation Trust - [FOI@cwpc.nhs.uk](mailto:FOI@cwpc.nhs.uk)

Children and Young People –

Alder Hey Children's Hospital NHS Trust - [Info.gov@alderhey.nhs.uk](mailto:Info.gov@alderhey.nhs.uk)

2. In 2018-19 please state what different types of psychological problems were addressed by sessions of cognitive behavioural therapy.
3. In 2018-19 how many patients suffering from anxiety were treated for anxiety with sessions of cognitive behavioural therapy that were funded by your CCG?

For questions 2 & 3 - NHS South Sefton CCG does not hold this information; you may wish to refer your query to -

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