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NHS South Sefton CCG

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Re: Freedom of Information Request

Please find below the response to your recent Freedom of Information request regarding psychological and mental health support services within NHS South Sefton CCG.

Request/[Response](#):

1. What psychological and mental health support services does the CCG currently offer to adult patients, including the names of all psychological and wellbeing support clinics that patients may be referred to in the CCG?

[Improving Access to Psychological Therapies IAPT](#)) provided by Access Sefton provide the following intervention for people with common mental health problems.

- [Cognitive Behavioural Therapy](#)
- [Interpersonal Therapy](#)
- [Couples Therapy](#)
- [Counselling](#)
- [Bereavement Counselling](#)
- [Brief Psychodynamic Therapy](#)
- [Solution Focused Therapies](#)
- [Family Therapy](#)

[Secondary mental health services](#) are provided by Mersey Care NHS Foundation Trust who provides the following interventions.

- [Psych Int – Acceptance and Commitment Therapy \(ACT\)](#)
- [Psych Int – CBT](#)
- [Psych Int – CBTp](#)
- [Psych Int – Cognitive Analytic Therapy \(CAT\)](#)
- [Psych Int – Compassion Focused Therapy \(CFT\)](#)
- [Psych Int – Dialectical Behaviour Therapy \(DBT\)](#)
- [Psych Int – EMDR](#)

- Psych Int – Formulation session (Level 1)
- Psych Int – Formulation session (Level 2 & 3)
- Psych Int – Inpatient Integrative
- Psych Int – Inpatient Psychoeducation
- Psych Int – Inpatient Relapse Prevention
- Psych Int – Integrative Intervention
- Psych Int – Mentalization-Based Treatment (MBT)
- Psych Int – Mindfulness-Based Cognitive Therapy
- Psych Int – Narrative Therapy
- Psych Int – Personal Construct Therapy
- Psych Int – Psychodynamic Therapy
- Psych Int – Psychoeducation (Levels 1 & 2)
- Psych Int – Psychoeducation (Level 3)
- Psych Int – Psychosocial Intervention (Level 2)
- Psych Int – Safety Planning Session
- Psych Int – Structured Clinical Management
- Psych Int – Systemic Family Therapy

For groups,
Psych Int – Anxiety Management Group

- Psych Int – Carers Group
- Psych Int – Compassion Focussed Therapy (CFT)
- Psych Int – DBT
- Psych Int – Inpatient Emotional Coping Skills
- Psych Int – Inpatient Other
- Psych Int – Inpatient Psychosis Psychoeducation
- Psych Int – Inpatient Recovery
- Psych Int – Family Therapy Group
- Psych Int – MBT
- Psych Int – Mindfulness-Based Cognitive Therapy
- Psych Int – Psychoanalytic Group Therapy
- Psych Int – Psychosocial Intervention (Level 2)
- Psych Int – Structured Clinical Management
- Psych Int – Transition Group

Aspergers Service:

- Psych Int – CBT
- Psych Int – Compassion Focused Therapy (CFT)
- Psych Int – Consultation / Advice
- Psych Int – Family Therapy

- Psych Int – Formulation
- Psych Int – Integrative Intervention
- Psych Int – Mindfulness-Based Cognitive Therapy (MBCT)
- Psych Int – Neuropsychological Assessment
- Psych Int – Personal Construct Intervention
- Psych Int – Psychoeducation
- Psych Int – Psychological Intervention Other
- Psych Int – Safety Planning Session

For groups,

- Psych Int – Anxiety Group 2nd Tier
- Psych Int – Fifteen Week Post Diagnostic Group
- Psych Int – Hearing Voices
- Psych Int – Men's Relationship Group
- Psych Int – Tree of Life

Complex Care (older adults)
Monday to Friday 9-5

- Psych Int – Initial Assessment
- Psych Int – Neuropsychological Assessment

For individual therapies, the data will be drawn from the Awaiting Therapies field and the drop list options will be:

- Psych Int – Acceptance and Commitment Therapy (ACT)
- Psych Int – CBT
- Psych Int – Consultation / Advice
- Psych Int – EMDR

2. What are the opening times of each of these services, i.e. which days and between which hours may patients be offered NHS funded appointments with specialist mental health support professionals?

Access Sefton services are offered 8am to 8pm Monday, Tuesday, Wednesday and 8am to 5pm Thursday and Friday. Regarding when a patient could be offered an appointment 8 am would be the first and on Monday, Tuesday, Wednesday 6.45 pm. The last appointment on Thursday and Friday would potentially be 4pm.

Mersey Care NHS Foundation Trust services are offered 9-5 Monday to Friday. A referral is made via community mental health teams.