

Our Ref: ID 1684

NHS Wirral Clinical Commissioning Group  
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### **Re: Freedom of Information Request - Couples Therapy for Depression**

Thank you for your request for information made under the Freedom of Information Act 2000, which was received into this office on 22<sup>nd</sup> May 2020.

#### **You Asked for:**

In relation to the Improving Access to Physiological Therapies (IAPT) service(s) which your Clinical Commissioning Group (CCG) commissions, please could you tell us whether or not this service/these services provide Couple Therapy for Depression (also called Behavioural Couples Therapy).

Response: Yes/No.

#### **Our Response:**

Yes, NHS Wirral Clinical Commissioning Group (CCG) commission Insight Healthcare as the provider of Improving Access to Psychological Therapies (IAPT) services on Wirral. This service does provide Couples Therapy. I have included a link below should you like further information:

Insight Healthcare - <https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/wirral/>

We hope this information is useful, however if you require any further information please do not hesitate to contact a member of the Corporate Affairs Team (contact details at the top of this letter)

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