

FOI 3178

24th June 2025

FREEDOM OF INFORMATION ACT 2000 – INFORMATION REQUEST

**How many referrals were made to Steps to Wellbeing during each fiscal year:
April 2023 – March 2024; April 2024 – March 2025?**

Response:

April 2023 – March 2024 3,210 referrals
April 2024 – March 2025 4,210 referrals

How many group sessions are offered to each person that is referred?

Response:

Steps to Wellness offers psychological intervention in line with Regional Mental Health Care Pathway - Stepped Care Model.

Service users requiring:

- Step 2 intervention, 6 to 8 issue specific group sessions are offered.
- Step 3 intervention, 10 issue specific group sessions are offered.

If the number of group sessions offered differs across people, please explain or provide the policy as to how the number of group sessions offered is determined.

Response:

As above, STW offers intervention in line with Regional Mental Health Care Pathway – Stepped Care Model, the level of intervention (i.e. Step 2 or 3) is determined by STW practitioner in collaboration with service user during mental health telephone triage/assessment.

Email: Foi.Team@Southerntrust.hscni.net