

## **PE1871/Q: Full review of mental health services**

### **Petitioner written submission, 18 November 2025**

Thank you to the Committee for considering petition PE1871, which calls for a full review of the mental health system, and to Maree Todd for the previous submission.

I want to address issues raised in my last submission. Freedom of Information requests from each health board make data publicly accessible. I am willing to meet with Maree and the Committee to share FOI details for 2023 and 2024 to verify my previous submission. Additionally, the NHS Lanarkshire IJB Performance Update from October 22, 2025, shows that only 21.8% of adult mental health consultant outpatients are seen within the 18-week government guideline. This data is not routinely collected or analysed, unlike psychology wait times, which are monitored and meet the 75% of the 90% target. This raises concerns about the lack of data on consultant wait times, making it difficult to fully understand the challenges faced by frontline staff.

While mental health services still need improvement, some progress is being made. Over 80% of staff in Lanarkshire have completed Mental Health Carer Aware training carried out by North Lanarkshire Carer Together as part of Lanarkshire commitment to carer agreement. This is helping nurses better support carers and those they care for. Expanding this model across Scotland could benefit many.

A review of all services would help identify what works and what needs change. I urge the Scottish Government to conduct such a review and allow anonymous input from frontline staff to ensure honest feedback and ongoing improvement.