

Our Reference      North East and North Cumbria ICB\  
FOI ICB 25–351

**North East and North Cumbria ICB**  
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By Email

3 December 2025

Dear Applicant

**Freedom of Information Act 2000 – Request for Information – NHS North East and North Cumbria Integrated Care Board (NENC ICB)**

Thank you for your request received on 1 December 2025 for information held by NHS North East and North Cumbria Integrated Care Board (the ICB) under the provisions of the Freedom of Information Act 2000. The ICB covers the areas of County Durham, Newcastle Gateshead, North Cumbria, North Tyneside, Northumberland, South Tyneside, Sunderland, and Tees Valley.

Please find the information you requested on behalf of the ICB as follows.

**Your Request**

I am writing to make a request for all the information to which I am entitled under the Freedom of Information Act 2000.

Could you please supply me with the following information concerning the number of people with ADHD and emotional dysregulation in your area as of 2025. If 2025 data is not able to be supplied for any of the questions, please supply it for the year 2024.

I would like the above information to be provided to me electronically, preferably in an Excel or Word document. If there are other relevant statistics or links that have not been specified above, please also supply those.

I understand that all data must be anonymised, and I am only requesting summary figures rather than any detailed patient reports.

1. The number of people with ADHD in your area who also have documented emotional dysregulation, mood disorders, anxiety or self-harm / mood-instability issues.
2. Of those with ADHD in your area, how many have comorbid mental health conditions (e.g., anxiety, depression, low self-esteem, mood disorders)? If possible, please provide the number for each comorbid condition separately.

3. How many people with ADHD or suspected ADHD (on the waitlist) in your area are also prescribed anti-anxiety medication
4. How many people with ADHD in your area are currently in therapy, or waiting for therapy, due to emotional regulation difficulties?

If any of this information is already in the public domain, please can you direct me to it, with page references and URLs if necessary.

I understand that you are required to respond to my request within 20 working days after you receive this letter. I would be grateful if you could confirm in writing that you have received this request.

## Our Response

We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB on this occasion is not able to provide the requested information. In line with your rights under section 1(1)(a) of the Act to be informed whether information is held, we confirm the ICB does not hold any of the information requested. However, we have determined that the information is held by the mental health hospital NHS foundation trusts (FTs) and independent providers within the North East and North Cumbria region.

In accordance with our duty under s.16 of the FOIA to provide reasonable advice and assistance to an individual requesting information, we have provided the FOI contacts for those foundation trusts and websites for the providers to make your request.

NENC Mental Health Hospital FTs	Email
Cumbria, Northumberland, Tyne and Wear NHS FT	<a href="mailto:foi@cntw.nhs.uk">foi@cntw.nhs.uk</a>
Tees, Esk and Wear Valleys NHS FT	<a href="mailto:tewv.foi@nhs.net">tewv.foi@nhs.net</a>

Independent providers	Website
ADHD North East	<a href="https://adhdnortheast.co.uk/">https://adhdnortheast.co.uk/</a>
Psychiatry UK	<a href="https://psychiatry-uk.com/">https://psychiatry-uk.com/</a>
The Owl Centre	<a href="https://www.theowl.org/">https://www.theowl.org/</a>

In accordance with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log. Therefore, a version of our response which will protect your anonymity will be posted on the NHS ICB website <https://northeastnorthcumbria.nhs.uk/>.

If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me on the above telephone number or at the above address.

If you are unhappy with the service you have received in relation to your request and wish to request a review of our decision, you should write to the Information Governance Manager using the contact details at the top of this letter quoting the appropriate reference number.

If you are not content with the outcome your review, you do have the right of complaint to the Information Commissioner as established by section 50 of the Freedom of Information Act 2000. Generally, the Information Commissioner cannot make a decision unless you have exhausted the ICB's complaints procedure.

The Information Commissioner can be contacted at Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF or [www.ico.org.uk](http://www.ico.org.uk).

Any information we provide following your request under the Freedom of Information Act will not confer an automatic right for you to re-use that information, for example to publish it. If you wish to re-use the information that we provide and you do not specify this in your initial application for information then you must make a further request for its re-use as per the Re-Use of Public Sector Information Regulations 2015 [www.legislation.gov.uk](http://www.legislation.gov.uk). This will not affect your initial information request.

Yours faithfully

*Information Governance Support Officer*

**Information Governance Support Officer  
North East and North Cumbria Integrated Care Board**