



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin Baile Phámar Baile Átha Cliath 20.

T 01 6207304 R: jim.ryan1@hse.ie

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4th March 2021

Deputy Neale Richmond,
Dail Eireann,
Dublin 2.

PQ 8250/21

To ask the Minister for Health the steps he has taken to ensure that all those who need mental health supports have access to them in an affordable and timely manner; and if he will make a statement on the matter.

Dear Deputy Richmond,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

The HSE Mental Health Services can be accessed via a person's own GP, these services are free at point of entry. The HSE provides a number of free services and partners with a number of HSE funded agencies, some of these services include:

YourMentalHealth Information Line:

Information about mental health and available supports and services can be found on the HSE website www.yourmentalhealth.ie or by calling the YourMentalHealth Information Line on 1800 111 888.

Text 50808, funded by the HSE, was formally launched in June 2020. The service provides immediate support for people going through mental health or emotional crisis. By the end of the year the service was providing over 5,000 'conversations' per month to support people of all ages

Turn2Me

Provide free online counselling and online support groups for young people (12 – 17) and adults.
Visit turn2me.ie

MyMind.ie

Provide counselling and psychotherapy to young people and adults, including free appointments for people directly affected by Covid-19
Visit mymind.org

Jigsaw who are funded by the HSE to provide early intervention mental health services which focus on the needs of 12-25 year olds. Staffed by fully-trained professionals across a number of disciplines, Jigsaw provide a range of community based mental health services for young people experiencing mild to moderate mental



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health difficulties. During the pandemic they adapted their service models to ensure continuity of support by delivering therapeutic interventions by phone and online.

In January 2021, the HSE published the "HSE Psychosocial Response to Covid-19," a next stage planning document on how to mitigate against the longer term implications and sustainably support the mental health and psychosocial wellbeing of the public and healthcare workers. It provides a layered care approach to addressing the psychosocial consequences of Covid-19, from a societal level and through the levels of need of the population across the life span.

<https://www.hse.ie/eng/services/list/4/mental-health-services/psychosocial-response-group/>

The report's framework, sets out 6 levels of structured psychosocial response, which will enable the HSE to effectively integrate the wide range of wellbeing and mental health supports available across the health sector and those that could be offered.

The focus of the framework is to provide tailored psychological supports at earlier levels i.e. 1-4, where the aim of services is on preventing psychological impacts from Covid-19, developing into significant mental health problems.

Mental Health services at levels 5 & 6, are targeted at providing appropriate support to people who do develop significant psychological and social problems arising from longer lasting distress due to Covid-19.

Work on levels 1 to 4, is aimed at planning, funding and delivering services appropriate for different levels of population need, but with the same preventative aim. It is in these areas that the HSE staff have been working hard to augment existing services and introduce new supports, which are take into account the health restrictions of Covid-19.

Levels 3, " People to People Support" and level 4, "Primary Care and Voluntary Support," have been specifically focused on, as they provide immediate, practical, and accessible psychological support e.g. Psychological First Aid (PFA) for both the public and HCWs, free on-line counselling supports, local call back services, crisis text lines, self help supports, PFA training for volunteers/managers to cascade supports to wider groups etc.

The report outlines the need to further build on this framework and enable greater alignment between the HSE's Acute and Community psychosocial and mental health supports. Further funding has been secured and currently the structures are being finalised which will be required to deliver a sustainable response for the duration of Covid and the post emergency term.

I trust this information is of assistance to you but should you have any further queries please contact me.



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Yours sincerely,

A handwritten signature in black ink, appearing to read 'T. O'Brien'.

Thomas O'Brien
General Manager Mental Health Services