



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin Baile Phámar Baile Átha Cliath 20.
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26th July 2021,
Deputy Claire Kerrane,
Dail Eireann,
Dublin 2.

PQ
Number: 23483/21

PQ
Question: To ask the Minister for Health the supports that are in place specifically to provide mental health services to island communities including the availability of counselling services for young persons; and if he will make a statement on the matter. -Claire Kerrane

Dear Deputy Kerrane,

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.

Offshore islands are neighbouring CHO 1, CHO 2 and CHO 4. The provision of Mental Health services to offshore islands are serviced as part of wider geographical Community Mental Health Teams. Young persons with mental health concerns can be treated by their GP initially, and can be referred to HSE Mental Health Services/CMHTs when necessary. Video enabled consultations are facilitated by Attend Anywhere and Blue Eye across a range of disciplines.

Universal Supports:

Signposting to services; the yourmentalhealth.ie Information Line, operates on a 24/7 basis. It provides information to the public about mental health supports and services that are provided by the HSE and funded partners nationally, locally, online and by phone/text. The team can advise how and when these services can be accessed. In addition, for those who may need immediate support, HSE Mental Health in collaboration with partners SpunOut.ie launched the 24/7 text-based active listening service Text 50808. This is a free service which provides immediate support for people going through a mental health or emotional crisis.

Primary care supports:

The HSE funds Jigsaw to provide youth mental health services for those with mild to moderate mental health difficulties. Jigsaw provide face-to-face, online and phone based services to young people aged between 12 to 25 years old while working with communities to resource and support parents and other adults who work with young people. Face-to-face services are delivered from 12 nationwide locations in the form of brief intervention sessions with healthcare professionals, usually taking place across 6 to 8 appointments. Other services include



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live 1 to 1 online chat, phone based support provided by a counsellor and text support. All Jigsaw services are highlighted on www.jigsaw.ie.

In addition, the HSE also partners with MyMind <https://mymind.org> and Turn2Me <https://turn2me.ie/> who provide individual and group support.

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

Yours sincerely,

A handwritten signature in black ink that reads "Jim Ryan".

Jim Ryan
Assistant National Director
Head of Operations