



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

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Deputy Mark Ward,  
Dail Eireann,  
Dublin 2.

30th November 2021

**PQ Number: 56123/21**

**PQ Question: To ask To ask the Minister for Health the way in which and the locations persons can access dialectical behaviour therapy; the length of the waiting lists; the number of persons on the waiting list; and if he will make a statement on the matter. -Mark Ward**

Dear Deputy Ward,

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.

Dialectical Behaviour Therapy (DBT) is a treatment developed for people with self-harm urges/ behaviours, suicidal thoughts, urges for suicide and/or suicide attempts. Individuals who have a long history of these difficulties may have been given a diagnosis of Borderline Personality Disorder (BPD) or Emotionally Unstable Personality Disorder. More information in relation to DBT and resources for individuals and families, including details of where teams are based and key contacts can be found here [www.dbt.ie](http://www.dbt.ie)

The waiting times to access the therapy will vary from team to team and area by area. Typically there are shorter waiting times to access DBT-A in CAMHS as the programmes run from 16 to 24 weeks in duration in contrast to the adult DBT programme which runs for 1 year.

All referrals are made via the mental health service. Staff delivering the programmes are staff for the various community teams that have been trained to work with those presenting with severe emotion dysregulation using a DBT model. These are integrated in the services and are not set up as standalone services. All clients will avail of treatment as usual in mental health services if they are awaiting a place on DBT.

Further information on locations and key contacts by areas are available on [www.dbt.ie](http://www.dbt.ie)

I trust this information is of assistance to you. Please do not hesitate to contact me if you have any further queries.

Yours sincerely,

**Dr Amir Niazi**  
**National Clinical Advisor & Group Lead for Mental Health**  
**Clinical Design and Innovation**

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