

23rd February 2022

Deputy Sean Sherlock,
Dáil Éireann,
Dublin 2,

PQ ref 7358/22

“To ask the Minister for Health if access to out-of-hours and weekend cover for mental health services is available in the Cork and Kerry catchment area of the HSE including nursing, psychology and other allied health services; if so, the details of those services by whole-time equivalents and part-time equivalents across each discipline; and if he will make a statement on the matter.”

Dear Deputy Sherlock,

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.

It is important to note that for urgent medical attention, Emergency Services can be contacted by calling 999 or 112, or a person may present at the Emergency Department of their nearest Acute Hospital. The Emergency Departments for Cork and Kerry are as follows:

- Cork University Hospital, Wilton, Cork
- Mercy University Hospital, Grenville Place, Cork
- University Hospital Kerry, Tralee, Co. Kerry

For less critical medical attention during out of hours, a person may contact the GP out of hours service. The GP out of hours service for Cork and Kerry is SouthDoc 1850 335 999. In some instances, the GP or SouthDoc can arrange a direct admission to the local mental health unit if deemed appropriate clinically.

Community based team services would typically run Monday to Friday between 9:00am and 5:30pm with appointments being scheduled during these core/business hours. Nursing within Cork Kerry Mental Health Services provide out of hours cover as per tables outlined below

Nursing Cork Out of Hours

Catchment Area	Days Covered	Opening Times	Base	Number of Staff
North Cork	Each Weekend / Bank Holiday Weekend	09:00 to 17:30	Mallow Primary Care Centre, Mallow, Co. Cork.	Nurses x 2

North Lee	Each Weekend / Bank Holiday Weekend	09:00 to 17:30	St. Mary's Primary Care Centre, St. Mary's Health Campus, Gurrabraher, Cork	Nurses x 7
South Lee	Each Weekend / Bank Holiday Weekend	09:00 to 17:30	Ravenscourt Day Resource, St. Finbarrs Health Campus, Douglas Road, Cork City.	Nurses x 6
West Cork	Each Weekend / Bank Holiday Weekend	09:00 to 17:30	Centre for Mental Health Care & Recovery, Bantry Health Campus, Bantry, Co. Cork.	Nurse x 1
Emergency Department	Each Weekend / Bank Holiday Weekend	08:00 to 20:00 By Day	Mercy University Hospital, Cork City	Nurses x 2
	Monday to Sunday	20:00 to 08:00 by Night	Mercy University Hospital, Cork City	Nurse x 1
Emergency Department	Each Weekend / Bank Holiday Weekend	08:00 to 20:00 By Day	Cork University Hospital, Cork City	Nurse x 1

Nursing Kerry Out of Hours

Catchment Area	Days Covered	Opening Times	Base	Number of Staff
Emergency Department	7 days/week	8:00 to 20:00	University Hospital Kerry, Co. Kerry	CNS Self Harm x 1
Kerry	Each Weekend / Bank Holiday Weekend	09:00 to 17:30	Rathass, Tralee, Co. Kerry	Crisis Intervention Support Nurse x 1
Kerry	7 days/week	09:00 to 17:30	Fertha View, Caherciveen, Co. Kerry	Nurse x 1 HCA x 1
South Kerry CAMHS	7 days/week	09:00 to 17:30 (Fridays 9:00am to 16:30am)	Killarney, Co. Kerry	Nurse x 1

Allied Health Out of Hours

In response to service user needs, Occupational Therapy groups are facilitated outside business hours in both Child & Adolescent Mental Health Services and Adult Mental Health Services. These occur on weeknights between 5pm and 10pm. Examples of these groups include:

- Parenting skills workshops for parents of children with ADHD
- An evening Men's Group for inpatients of Carrig Mor PICU
- Off campus evening social outings for residents of St Stephens campus
- On campus evening social events for residents of St Stephens campus

Mental Health Psychology also offers community group interventions through the year. These typically run in person (pre-Covid) and currently online. These groups run in the evenings between 6pm and 9pm. The following groups form part of the community groups calendar and are offered on rotation subject to need and demand.

- On the Level (12 week group for people with Bipolar Disorder)
- On the level follow up support group(ongoing)
- Compassion Focused Therapy (10 weeks to address issues shame and self-criticism and who have difficulty in feeling warmth toward, and being kind to, themselves or others.



- OCD Group (10 week group- For people with Obsessive Compulsive Disorder)
- Lean ar Aghaidh (facilitated OCD support group- ongoing)
- Social Anxiety Group (10 weeks for people with social anxiety disorder)
- Family Connections (12 week group for families/significant others of people with severe emotion dysregulation)
- Stress Control (6 week group- Anxiety Management classes)
- Circle of Security Group (10 weeks- parents working on building secure attachments with children)
- Group Radical Openness (26 weeks- for people with issues of inhibited emotional expression)

Psychology staff delivering Dialectical Behaviour Therapy (DBT) offer out of hour's phone coaching to service users on a case by case basis. Phone contact is available 24 hours per day, with direct coaching typically available during regular clinical hours, 6-9 pm evenings and 9-5 on weekends (as contracted between the individual therapist and the service user).

In the event of a mental health crisis, people are advised to contact their GP or present to the nearest emergency department.

I trust the above clarifies the queries raised.

Kind Regards,



Mr Kevin Morrison
A/Head of Mental Health Services
Cork Kerry Community Healthcare