



Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte  
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Deputy Martin Browne,  
Dail Eireann,  
Leinster House,  
Kildare Street,  
Dublin 2.

10<sup>th</sup> August 2023

**PQ Number: 34406/23**

**PQ Question: To ask the Minister for Health to outline the specific services being considered for 'upstream' interventions in the area of youth mental health services in the community and voluntary sector; the specific ways in which it is intended to enhance services for children and young people with mild to moderate mental health difficulties who do not need access to specialist mental health services; the level of investment concerned; and if he will make a statement on the matter.- Martin Browne.**

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Dear Deputy Browne,

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 overall service objective for the HSE is to ensure access to the right care, at the right time and in the right place for people experiencing mental health difficulties. In doing so, the HSE contributes to the overarching vision of *Sharing the Vision (StV) – A Mental Health Policy for All (2020)* of a mental health system that addresses the needs of the population through a focus on the requirements of the individual.

In line with StV, the HSE takes a population-based approach to the planning of mental health services, recognising that people may experience mental health difficulties at any point throughout the lifecycle. The World Health Organisation (2021) estimates that one in seven 10-19 year olds globally experiences a mental disorder, with depression, anxiety and behavioural disorders among the leading causes of mental ill health and disability among adolescents. Most mental health disorders have their peak of incidence during the transition from childhood to adolescence.

#### **Stepped Model of Care**

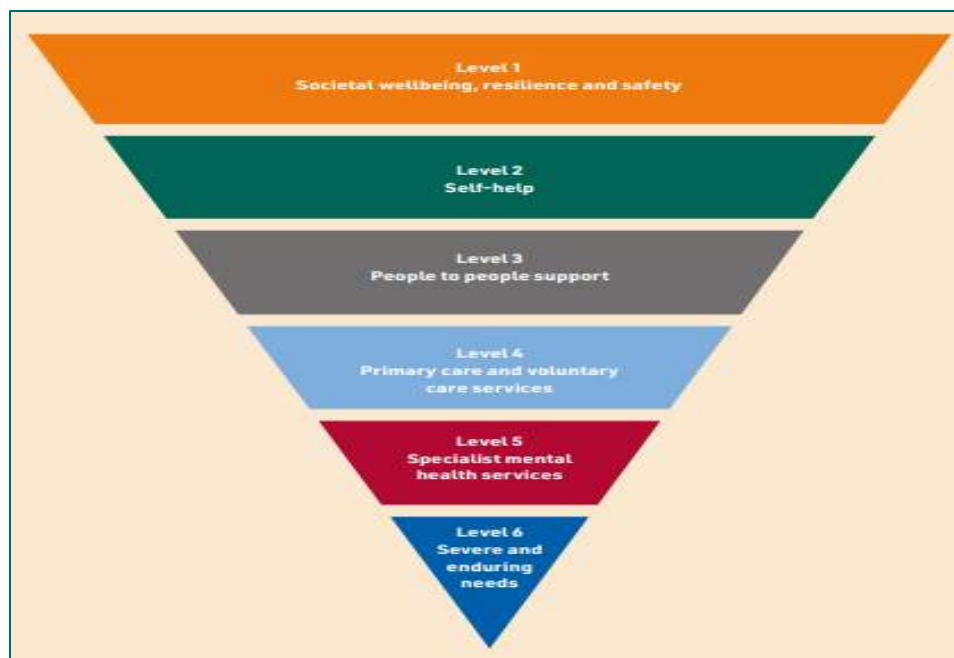
The range of mental health services delivered by, or on behalf of, the HSE is extensive and covers both specialist in-patient services, mental health services provided within community and primary care services, and other non-specialist services and supports.



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As illustrated below, this is to facilitate a 'stepped care' approach where each person can access a range of options of varying intensity to match their needs. By investing in mental health promotion, early intervention and 'upstream services' the need for specialist, acute and in-patient services may reduce over time.



### Development Funding

Development funding over the past decade has been invested across a number of prioritised areas of service enhancements, including building capacity in CAMHS and youth mental health, developing specialist services and clinical programmes, suicide prevention, investing in mental health in primary care, modernising forensic services and digital services. The continued investment has enabled:

- The development of an additional 18 CAMHS Teams
- Enhanced in-patient CAMHS capacity and reduction of young people admitted to adult acute units
- Building 'upstream' mental health services in primary care and community services, including funding for Jigsaw
- Establishment and expansion of Counselling in Primary Care (CIPC) for those over 18 years
- Development of new National Forensic Mental Health Service in Portrane, including a new 10 bedded Forensic CAMHS unit
- Design and implementation of four national clinical programmes



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- Expansion of suicide prevention, mental health promotion and telehealth
- Building access to digital mental health services, including signposting to services, psychoeducation, crisis text service and guided digital counselling

### **Youth Mental Health Services**

The HSE has over a number of years invested in 'upstream' youth mental health services, including Jigsaw and other funded agencies in the community and voluntary sector who are providing enhanced services for children and young people with mild to moderate mental health difficulties who do not need to access specialist mental health services. Examples include:

#### **Jigsaw**

Since 2015, the HSE has invested €9.1m development funding to support the establishment and operation of Jigsaw services

- The Jigsaw Support Line is available for free mental health support and advice to young people aged 12 - 25 years old, and parents or concerned adults
- Freephone 1800 544729 (from 1pm to 5pm Monday to Friday)
- Text CALL ME to 086 180 3880, giving your preferred day and time for a call (from 9am to 5pm Monday to Friday)
- Email [help@jigsaw.ie](mailto:help@jigsaw.ie) (for responses from 9am to 5pm Monday to Friday)
- Visit [www.jigsaw.ie](http://www.jigsaw.ie) or [www.jigsawonline.ie](http://www.jigsawonline.ie) for more information

#### **SpunOut.ie**

- SpunOut.ie provides a wide range of articles and information for young people, on many different topics, including mental health
- Text SPUNOUT to 086 1800 280 to chat to a trained volunteer (standard message rates may apply)
- Visit [www.spunout.ie](http://www.spunout.ie) for more information

#### **Text 50808**

- 50808 is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support
- This service provides a safe space where young people are listened to by trained volunteers

#### **TURN2ME**

- [TURN2ME](http://TURN2ME) provides a three-tiered approach to supporting mental wellbeing - self-help, support groups and professional support. Online services include counselling and support groups



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### MyMind

- [www.mymind.org](http://www.mymind.org) provides access to counselling and psychotherapy, face to face and online

Further information can be found at the following links:

<https://www2.hse.ie/mental-health/>  
<https://www.mentalhealthireland.ie/resources/>

I trust this information is of assistance to you.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Paul Braham', written over a horizontal line.

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**Paul Braham**  
**Senior Operations Manager (Area DON)**  
**National Mental Health Services**