

08th February 2024

Duncan Smith, TD
Leinster House
Kildare Street
Dublin 2

PQ ref 48178/23

** To ask the Minister for Health the out-of-hours mental health services that are currently available in County Roscommon**

Dear Deputy Smith,

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;

Community Healthcare West Mental Health Services provides support to people in the Community 9-5pm Monday to Friday by referral from the persons GP. In emergency cases if a person is in Crisis outside of the core business hours they should in the first instance be seen by a GP through Westdoc, who will then make a determination on the most appropriate course of action, i.e. presentation at A&E, presentation to the Acute Unit Roscommon County Hospital or referral to the local Community Mental Health Team for assessment. If an individual or family member is unsure what to do they can ring the Acute Inpatient Unit for advice on the best course of action and may in extreme crisis circumstances be advised to attend the Acute Unit for assessment by the NCHD on Duty. The number for the Unit is 0906632325. I am enclosing for your information a leaflet on other available services throughout Roscommon which may be useful.

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

Yours sincerely,



Charlie Meehan
Head of Mental Health Services
Community Healthcare West

Guidelines for Mental Health Support Services in County Roscommon



Name of Service	How to Access the Service	Contact Details	Name of Service	How to Access the Service	Contact Details
<p>HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)</p> <p><i>SERVICES PROVIDED:</i> A specialist mental health service to those aged up to 18 years who have moderate to severe mental health disorders that require the input of a specialist multi-disciplinary mental health team.</p>	<p>For children & young people Aged 0-18 years</p> <p>Referrals to the service are accepted from:</p> <ul style="list-style-type: none"> Doctors Jigsaw Senior Community Based Clinicians such as Tusla staff <p>Other agencies can refer in collaboration with the child's GP</p> <p>The multi-disciplinary team works collaboratively with schools and other agencies</p>	<p>HSE Child Adolescent Mental Health Service, Castlecourt House, Castle Street, Roscommon</p> <p>Tel: 090-6630350.</p> <p>Outreach appointments are available in Ballinasloe, Boyle and Castlereagh.</p>	<p>HSE ADDICTION SERVICES</p> <p><i>SERVICES PROVIDED:</i> Free, confidential direct access service to those who have drug problems and to families affected by drug use.</p> <p>This service offers;</p> <ul style="list-style-type: none"> support one – to – one counselling Information Referral training <p>Also offers education work to schools & community groups.</p>	<p>For young people and adults</p> <p>Access to this service is made by contacting the addiction counsellors directly</p>	<p>Mary Mc Gartney (087) 2220380</p> <p>Karen Gavin (087) 6538201</p> <p>Olive Brannigan, (Addiction Counsellor for U18's) Tel: 087 3395522</p> <p>Primary Care Centre, Golf Links Road, Roscommon</p> <p>Tel: 090 - 6665048</p>
<p>HSE ADULT MENTAL HEALTH SERVICE</p> <p><i>SERVICES PROVIDED:</i> Supports for moderate to Severe Mental Health Problems such as:</p> <ul style="list-style-type: none"> Severe depression and anxiety Obsessive Compulsive Disorder Psychotic Disorders Delusional Disorders Eating disorders Severe personality disorder <p>HSE Psychiatry of Later Life Provides support to those aged 65 years and over with psychiatric difficulties including new onset of depression, anxiety, psychosis or phobias.</p>	<p>For Adults over 18 years and up to 65 years</p> <p>Access to this service is made via:</p> <ul style="list-style-type: none"> General Practitioner Acute Psychiatric Unit based in Roscommon University Hospital Two Community Mental Health Teams provide weekly clinics in: <ul style="list-style-type: none"> Ballaghaderreen Boyle Castlereagh Roscommon Town Strokestown <p>Covering County Roscommon and North Galway access to this service is made via a General Practitioner or Geriatrician.</p> <p>A multi-disciplinary team are available to support those referred.</p>	<p>Co-ordinator, Roscommon Mental Health Services, Primary Care Building, Golf Links Road, Roscommon</p> <p>Tel: 090-6665050</p> <p>Psychiatry of Later Life, Teach De Hide, Golf Links Rd., Roscommon</p> <p>Tel: 090- 6637533</p>	<p>BOYLE COUNSELLING AND PSYCHOTHERAPY CENTRE AT BOYLE FAMILY RESOURCE CENTRE</p> <p><i>SERVICES PROVIDED:</i> Counselling & Psychotherapy for Individuals, couples and families, including</p> <ul style="list-style-type: none"> Adolescent Therapy Play Therapy Child & Family Holistic Wellness Therapy Art Therapy Mindfulness and personal growth. <p>Emergency Appointments and crisis support is available.</p>	<p>Access to this service is made by:</p> <ul style="list-style-type: none"> Self-Referral GP referral Other Referral 	<p>Boyle Family Resource Centre, Boyle, Co. Roscommon</p> <p>Tel: (071) 9663000 or (071) 9663841</p> <p>Email: boylecpc@boylefrc.ie</p> <p>Website: www.boylefrc.ie</p>
<p>JIGSAW ROSCOMMON</p> <p><i>SERVICES PROVIDED:</i> A free, non-judgemental and confidential support service for all young people aged between 12 and 25 years who live, work, attend education or a GP in County Roscommon.</p> <p>Guidance and support for anyone who is concerned about a young person in their life.</p> <p>Provide presentations and talks in:</p> <ul style="list-style-type: none"> schools work places community groups 	<p>For children and young people aged between 12 and 25 years</p> <p>Referrals to the service are accepted from:</p> <ul style="list-style-type: none"> Self referral parental referral professional referrals 	<p>Jigsaw Roscommon, Primary Care Centre, Golf Links Road, Roscommon</p> <p>Tel: 090-6643010</p> <p>Email: roscommon@jigsaw.ie</p>	<p>HSE PRIMARY CARE CHILD & FAMILY PSYCHOLOGY SERVICE</p> <p><i>SERVICES PROVIDED:</i> Assessment and Intervention for Children & young people (0-18 years) with milder emotional/behaviour problems including:</p> <ul style="list-style-type: none"> Emotional problems such as anxiety and depression Early developmental concerns Behavioural difficulties and parental guidance Social and interpersonal difficulties Relationship difficulties within a family such as separation Low self-esteem and difficulties managing feelings Adjustment difficulties to stressful life/traumatic events 	<p>For children and young people 0 – 18 years.</p> <p>Any individual who has concerns about a child's emotional, behavioural, social & psychological well-being can make a referral.</p> <p>Written Parental permission required.</p> <p>Referrals accepted from GP's and other health professionals such as Speech and Language Therapists; Occupational Therapists; Paediatricians</p>	<p>Primary Care Child & Family Psychology</p> <p>Service, Psychology</p> <p>Department, 2nd Floor, Primary Care Centre, Golf Links Road, Roscommon</p> <p>Tel: 090 - 6665020</p>
<p>National Educational Psychological Service (NEPS)</p> <p><i>SERVICES PROVIDED:</i> Consultation, support & advice for teachers, students & parents in relation to educational development, social, & behavioural difficulties which impact a pupil's learning and socialisation process in school.</p> <p>NEPS also offers training to teachers in schools and Education Centres.</p>	<p>For children and young people in Primary and Post-Primary Schools.</p> <p>All requests for involvement of NEPS psychologists are made through the School Principal.</p> <p>Each school has an assigned NEPS Psychologist and a dedicated allocation of service time.</p> <p>Parents who have school related concerns about their children should discuss these with the school Principal who will contact NEPS if necessary.</p>	<p>National Educational Psychological Service (NEPS) Government Buildings, Convent Rd., Roscommon</p> <p>Tel: 076 - 1108895</p> <p>Website: www.education.ie</p>	<p>HSE PRIMARY CARE PSYCHOLOGICAL SERVICES – ADULT (APSI)</p> <p><i>SERVICES PROVIDED:</i> Free HSE primary care psychology service for adults aged 18+.</p> <p>Groups and One to One support offered around mild to moderate emotional difficulties such as:</p> <ul style="list-style-type: none"> anxiety/stress low mood conflict in relationships concerns around eating/body image low self-esteem coping with physical illness coping with traumatic event or major loss 	<p>For adults aged 18 years +</p> <p>Self-referrals or Health Professional referrals accepted.</p> <p>Information on service also available by attending the walk-in at the Psychology Department, 2nd floor, Primary Care Centre (Mon-Fri. 10-12 and 2-4pm)</p>	<p>HSE Psychology Services (APSI), Psychology Department, 2nd Floor, Primary Care Centre Golf Links Road, Roscommon</p> <p>Tel: 090 - 6665020</p>
<p>RESOURCE OFFICER FOR SUICIDE PREVENTION</p> <p><i>SERVICES PROVIDED:</i> Implementation of suicide prevention strategies, supports and training.</p>	<p>For information on suicide prevention training programmes go to bookwhen.com/srotraininggmr</p>	<p>Resource Officer for Suicide Prevention Primary Care Centre, Golf Links Rd., Roscommon</p> <p>Tel: 090 6665071</p>	<p>VITA HOUSE COUNSELLING SERVICE</p> <p><i>SERVICES PROVIDED:</i> Low cost counseling, psychotherapy and family therapy available to individuals, couples, families, children and adolescents.</p> <p>Much of the work of Vita House is centred around bereavement and trauma.</p>	<p>Vita House accepts referrals from:</p> <ul style="list-style-type: none"> Medical professionals Educational professionals Social work professionals <p>Self-referrals are also accepted.</p>	<p>Vita House, Abbey St., Roscommon</p> <p>Tel: (090) 6625898</p> <p>Website: www.vitahouse.org</p> <p>Email: info@vitahouse.org</p>
<p>SUICIDE BEREAVEMENT LIAISON SERVICE</p> <p><i>SERVICES PROVIDED:</i> Initial support to families bereaved by suicide.</p> <p>Counselling services which enables clients address difficulties in their lives.</p> <p>Community training to those in the community that have been bereaved by suicide.</p>	<p>This service can be accessed by:</p> <ul style="list-style-type: none"> Referral from a GP or healthcare professional Clients can also self-refer by contacting the service The Suicide Bereavement Liaison Officer can be contacted directly to organise community training 	<p>Suicide Bereavement Liaison Officer</p> <p>Tel: 085 7407856</p> <p>Email: sbls@vitahouse.org</p>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>Pieta House National Helpline 1800 247 247</p> <p>Text HELP to 51444</p> </div> <div style="text-align: center;"> <p><i>Happy Head</i> Wellbeing App</p> </div> <div style="text-align: center;"> <p>Crisis text line Ireland text about it 50808</p> </div> </div>		

Other local supports:

<p>Family Resource Centres in</p> <ul style="list-style-type: none"> Boyle (071) 963000 Ballaghaderreen (086) 7807438 Castlereagh (086) 4615537 Roscommon (087) 2126078 	<p>Roscommon Women's Network, Castlereagh (094) 9621690</p>	<p>Jacinta's Smile (090) 6625898</p>	<p>Social Prescribing Service, Roscommon Leader Partnership. (090) 6630252</p>
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NORTH WEST

STOP

START TELLING OTHERS
PREVENT

Free Phone: 1850 211877

SAMARITANS

Call 116 123