



Oifig an Stiúrthóra Náisiúnta Cúnta
Oibríochtaí Meabhairshláinte

Ospidéal Naomh Lómáin, Baile Phámar,
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Deputy Mark Ward.
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

8th February 2024

PQ Number: 44492/23

PQ Question: To ask the Minister for Health what funding options are available to the NCBI through the mental health budget to fund their counselling, wellbeing and emotional support services; how they can apply for such funding; and if he will make a statement on the matter. - Mark Ward

Details: Funding options/application process available to the NCBI through the Mental Health Budget

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.

HSE Mental Health Services provide and fund a wide range of counselling, wellbeing and emotional support services. These services are available for all individuals who require them. Services provided include:

HSE National Counselling Service

The HSE National Counselling Service (NCS) is an essential part of HSE mental health provision. It provides a free, professional, confidential, counselling and psychotherapy service to adults and is available in all HSE CHO areas. The HSE NCS was originally established in 2000 to provide counselling and psychotherapy to adults who experienced childhood abuse (CaPA). This service provides medium and long term psychotherapy service. In 2013 the remit of the NCS expanded with the establishment of the Counselling in Primary Care (CIPC) service. CIPC provides time limited counselling of up to 8 counselling sessions to adult GMS cardholders with mild to moderate psychological difficulties. Eligibility criteria for the service currently limit referrals to CIPC to patients holding valid General Medical Services (GMS) cards referred by their GP or Primary Care Practitioners.

CIPC operates from more than 240 health care settings throughout Ireland. The CIPC model of service is anchored in a client centred therapeutic approach with Counsellor/Therapists employing a range of psychological therapies depending on clients' presenting issues and assessed needs. These include person centred, cognitive behavioural, psychodynamic, integrative and supportive therapies.

Further information can be found here: <https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/>



HSE Primary Care Psychology Service Primary Care Psychology services are available to children with mild to moderate mental health needs. Access is not means tested and self-referrals are accepted. Services include: prevention/early interventions programmes, advice and consultation clinics, group therapies and group skills training, assessment clinics, a range of one-to-one counselling and psychotherapy options, and sign-posting to specialist services where required.

CAMHS

CAMHS provide specialist mental health services to those up to 18 years, who have reached the threshold for a diagnosis of moderate to severe mental health disorder that require the input of multidisciplinary mental health teams. The CAMHS Standard Operating Procedure outlines for all stakeholders the role and function of CAMHS Teams to ensure only appropriate referrals are made, and to highlight the role of Primary Care in dealing with less severe Mental Health issues. <https://www.hse.ie/eng/services/list/4/mental-health-services/camhs/operational-guideline/camhsoperational-guideline-2019.pdf>

HSE Funded Child Services - Jigsaw

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 locations nationwide in the form of brief intervention sessions with healthcare professionals, usually taking place across 6 to 8 appointments. Other services include phone based support provided by a counsellor and live 1 to 1 online chat and. All Jigsaw services are highlighted on www.jigsaw.ie

In addition the HSE funds:

TURN2ME which provides a three-tiered approach to supporting mental wellbeing - self-help, support groups and professional support. Services include counselling and support groups. Further information is available here: [TURN2ME](http://turn2me.ie)

MyMind which provides access to counselling and psychotherapy, face to face and online. Further information is available here: www.mymind.org

Pieta which provides counselling at their centres nationwide, and telephone support. Services are for people who are at risk of suicide or self-harm, and for people who have been bereaved by suicide.

- Freephone 1800 247 247 anytime, day or night
- Text HELP to 51444 (standard message rates apply)
- Visit www.pieta.ie for more information

Additional information about mental health services, wellbeing emotional supports available can be found here: <https://www2.hse.ie/mental-health/>



Currently, there is no additional funding available to consider new proposals.

I trust this information is of assistance to you.

Yours sincerely,

A handwritten signature in black ink that reads "Tony Mc Cusker".

Tony Mc Cusker
General Manager
National Mental Health Services