



Oifig an Stiúirthóra Náisiúnta Cúnta  
Oibríochtaí Meabhairshláinte

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Deputy Mark Ward  
Dail Eireann,  
Leinster House,  
Kildare Street,  
Dublin 2.

09<sup>th</sup> April 2024

**PQ Number: 8990/24**

**PQ Question: To ask the Minister for Health the number of counselling sessions delivered by the counselling in primary care service, by year since 2019, by CHO area, in tabular form; and if he will make a statement on the matter. -Mark Ward**

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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.

The HSE National Counselling Service established Counselling in Primary Care (CIPC) in July 2013 as a mental health initiative to provide counselling to adults experiencing mild to moderate psychological difficulties who present in the primary care setting. CIPC receives an average of 19,000 referrals per annum. More than 170,000 people have been referred to CIPC since it was established with an average of 2,060 clients attending at any time.

All adults in receipt of a medical card are currently eligible for the service. Access is by referral from the client's GP or a member of the Primary Care Team. CIPC is available in each community health area and is accessible from over 240 locations, mainly primary care centres, situated throughout Ireland.

The table below indicates the number of counselling sessions delivered by CIPC since 2019. As per the table below there has been a year on year increase in activity and number of sessions delivered with 22% more sessions provided in 2023 when compared with 2019.



**Number of Sessions Delivered by CIPC 2019-2023**

<b>Total No. Sessions Delivered by Year x CHO</b>					
<b>Area</b>	<b>2019*</b>	<b>2020*</b>	<b>2021</b>	<b>2022</b>	<b>2023</b>
<b>CHO1</b>			6701	5897	6381
<b>CHO2</b>			5184	5847	6016
<b>CHO3</b>			6210	7790	6476
<b>CHO4</b>			8258	9460	9586
<b>CHO5</b>			9641	9316	10987
<b>CHO6</b>			3465	4097	3427
<b>CHO7</b>			5592	6958	7954
<b>CHO8</b>			11820	12122	12071
<b>CHO9</b>			8059	9595	11045
<b>National Total</b>	<b>62181</b>	<b>64471</b>	<b>66951</b>	<b>73104</b>	<b>75966</b>
<b>*National total only available</b>					

I trust this information is of assistance to you.

Yours sincerely,

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**Tony Mc Cusker**  
**General Manager**  
**National Mental Health Services**