



Office of the Assistant National Director
Access and Integration

HSE Mental Health Services,
St. Loman's Hospital,
Palmerstown, Dublin 20
D20HK69

Oifig an Stiúrthóir Náisiúnta Cúnta
Rochtain agus Comhtháthú: Seirbhísí
Meabhairshláinte FSS
Ospidéal Naomh Loman
Baile Phámar, Baile Átha Cliath 20
D20HK69

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Deputy Bernard J. Durkan,
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

9th October 2024

PQ Number: 39442/24

PQ Question: To ask the Minister for Health the extent to which he expects to be in a position to ensure the seamless availability of back-up services for children or adults with extra needs such as mental health issues, autism diagnosis and provision of appropriate services and young adults who battle with mental health problem to the extent that any waiting times are minimised and the availability of a roadmap to facilitate families thus affected; and if he will make a statement on the matter. -Bernard J. Durkan

Dear Deputy Durkan,

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.

Our national 'Sharing the Vision - A Mental Health Policy for Everyone' promotes a 'stepped care' approach to mental health service provision. This seeks to ensure that each person can access a range of treatment options of varying intensity to match their needs. In other words, there can be a 'stepping up' or a 'stepping down' in accordance with the stage of recovery.

Mental health disorders are often described on a continuum of severity, ranging from mild to moderate to severe, and our services respond accordingly. A number of factors are taken into account when defining whether someone has a moderate to severe mental disorder and these include the diagnosis, formulation, the duration of the symptoms and level of functioning in daily living.

In practice the term "moderate to severe" means that the mental disorder is severe enough to cause substantial distress to the child or their family or others. The child or adolescent would have a significant impairment in functioning in various aspects of their life including development, family relationships, school, peers, self-care and play or leisure activities.

This list below gives some guidance on what constitutes a moderate to severe mental health disorder. However this is an operational guideline and not a clinical guideline and therefore it is not an exhaustive list. It is also important to note that not all children and adolescents will fit neatly into a diagnostic category



- Moderate to severe anxiety disorders
- Moderate to severe Attention Deficit Hyperactive Disorder (ADHD/ADD)
- Moderate to severe Depression
- Bipolar Affective Disorder
- Psychosis
- Moderate to severe Eating Disorder
- Suicidal ideation in the context of a mental disorder.

Further information can be found in the CAMHS Operational Guideline available here:

<https://www.hse.ie/eng/services/list/4/mental-health-services/camhs/operational-guideline/camhs-operational-guideline-2019.pdf>

The HSE also fund community organisations which can offer support to Young People and Adults who are affected by mental ill health but who are not at the level where they require secondary care treatment by the HSE, these include:

Jigsaw

Mental health advice and support – online and in person – for young people aged 12 to 25 years old, and for parents or concerned adults.

[Visit jigsaw.ie/livechat to chat online with a clinician](https://www.jigsaw.ie/livechat)

[Find Jigsaw services in your area - jigsaw.ie](https://www.jigsaw.ie)

Childline

Ireland's 24-hour listening service for young people up to the age of 18. Childline is a service from the ISPCC.

[Freephone 1800 666 666](https://www.childline.ie), any time

Chat online at [childline.ie](https://www.childline.ie) any time.

BeLong To Youth Services

Support, information and groups for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland, their parents and carers, and other professionals.

Spunout

Spunout is Ireland's youth information website created by young people, for young people. Articles and information for young people on many topics, including mental health. Free-text SPUNOUT to 50808 to chat with a trained volunteer, any time.

[spunout.ie](https://www.spunout.ie)



Barnardos

Services for children, families and communities, to transform the lives of vulnerable children affected by adverse childhood experiences. Barnardos also provide a Children's Bereavement Service.

[Freephone 1800 910 123](tel:1800910123), Monday to Friday 10am to 2pm

barnardos.ie

CARI

Therapy for children and young people who have been affected by child sexual abuse. CARI also provide information, support and counselling to non-abusing parents, carers and siblings.

Phone [0818 924567](tel:0818924567), Monday to Friday 9am to 5pm

hello@cari.ie

cari.ie

Services and supports for older people

ALONE

National support and referral line for older people.

[Phone 0818 222 024](tel:0818222024), 8am to 8pm every day

alone.ie

The Alzheimer Society of Ireland

Emotional support and information on supports and services.

[Freephone 1800 341 341](tel:1800341341), Monday to Friday 10am to 5pm, and Saturday 10am to 4pm.

helpline@alzheimer.ie

The Dementia Resource Hub lists information and online resources for people with dementia, families and carers.

alzheimer.ie



Seniorline

Confidential listening service for older people provided by trained older volunteers.

[Phone 1800 804 591](tel:1800804591), 10am to 10pm every day.

thirdageireland.ie

Age Friendly Ireland

Programmes and networks to support older people.

agefriendlyireland.ie

Bereavement and grief

[Find organisations that provide self-help resources and services for people who are grieving or bereaved by suicide](#)

Online videos and courses

Minding Your Wellbeing

Free series of video resources to learn and practice key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience from HSE Health and Wellbeing.

[Learn about the Minding your Wellbeing Programme](#)

Minding Your Mental Health

Multilingual video messages presented by doctors and other health professionals living and working in Ireland. The videos are available in Romanian, Polish, Arabic, English, French, Lithuanian, Russian, Irish and Portuguese.

translateireland.ie

Stress Control

Stress Control classes to learn stress management skills and tips for minding your mental health, from the HSE. The programmes are for 3 weeks on Mondays and Thursdays and recommences at varying intervals.

stresscontrol.ie



Suicide or Survive

Free workshops and programmes on mental health, wellness and recovery.

suicideorsurvive.ie

More information on the range of services that are offered can be found here: <https://www2.hse.ie/mental-health/services-support/supports-services/>

Yours Sincerely,

A handwritten signature in black ink, appearing to read 'Tony McCusker'.

Tony McCusker
General Manager
Access and Integration; HSE Mental Health Services