



Oifig an Cheann Seirbhíse  
Seirbhíse Meabhairshláinte an Mheán Iarthair  
Ospidéal Naomh Iosaef  
Sráid Mulgrave  
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28<sup>th</sup> May 2025

**PQ Ref 21453/25: To ask the Minister for Health if there are plans to roll out dialectical behaviour therapy in Tipperary.**

Dear Deputy Kelly

The Health Service Executive has been requested to reply directly to you in the context of the above representation, which you submitted to the Minister for Health for response.

The Dialectical Behavior Therapy (DBT) model came without additional resources.

Full implementation of the DBT model requires the availability of a dedicated team of eight fully trained staff members. The feasibility of this is contingent upon both staff expressing interest in participating and the identification of sufficient service capacity to release staff for the delivery of the intervention.

Service Users have access to the full resources of a Community Mental Health Team (CMHT).

A number of staff on the CMHT's in North Tipperary have completed level 1 & level 2 training in the DBT model, and this informs their practice.

Dialectical Behavior Therapy (DBT) commenced in Limerick in 2015 and more recently in 2024 in Clare. At present, there are no immediate plans to establish a DBT programme in North Tipperary.

Yours Sincerely,

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**Nuala Kelly**  
**Head of Service - Mental Health Services,**  
**HSE Mid West**