



Deputy Sorca Clarke
Dail Eireann
Leinster House
Kildare Street
Dublin 2

July 9th 2025

PQ Number: 35467/25

PQ: To ask the Minister for Health the annual budget allocated to digital mental health services; the average cost per user interaction or session; and if she will make a statement on the matter. - Sorca Clarke

Dear Deputy Clarke,

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 a response. I have examined the matter and the following outlines the position.

There is an annual budget of €6.19m for digital mental health in the HSE which is utilised to fund a wide range of resources, supports and services that are delivered directly by, or on behalf of, the HSE. The HSE's strategic approach to delivering digital mental health services is underpinned by *Sharing the Vision – A Mental Health Policy for Everyone 2020-2030*, and the associated [Implementation Plan 2025 to 2027](#).

Over recent years, and since the Covid pandemic in particular, a layered care model for the provision of digital mental health support has been developed. This model seeks to promote the least intensive support first and at scale for the whole population i.e., mental health promotion and information, self-help and person-to-person supports (the provision of listening and text services or peer to peer supports). More intensive and specialist services, such as online therapy, are also provided within this overall model. People can also step back to lower levels of support depending on need at any given point in time.

Specifically, and across the layers of the digital mental health model of support, the following services are provided:

- Yourmentalhealth.ie, incorporating My Mental Health Plan
- Text About It crisis support
- Togetherall (clinically moderated online peer support)
- My Mind online counselling (low cost and free-to-access for certain vulnerable groups)
- Online cognitive behavioural therapy-based programmes

Digital mental health budget also funds key partner organisations delivering awareness, education, support and research projects in the digital mental health space. These partners include Foróige, Cybersafe Kids, ISPCC and GROW.

As outlined above, the nature of digital mental health support means that the average cost per user interaction or session cannot be comparable across different initiatives and services. However, a



breakdown of budget allocation and associated service activity levels for relevant providers is detailed below.

Table 1

| Service | Budget | Reach / target | Cost per user |
|--|--|----------------------------------|---|
| Guided online CBT programme (6 to 8 weeks) | €1.8m | 9,900 (service users / licenses) | €182.19 |
| Text About It crisis support | €2.42m | 50,000 (conversations) | €48 |
| My Mind low-cost online counselling | €0.3m | 10,000 (individual sessions) | €30 (cost to HSE, individual user pays €40) |
| Togetherall | €0.07 *Note that HEA provide matching funding (total budget of €0.14) | 5,145 students registered | €27.21 (per student to be registered) |

As can be seen, the variable nature of the services provided is reflected in different average user costs. At a whole population level, the funding invested in yourmentalhealth.ie annually (circa. €100,000 depending on promotion or site development requirements) allows us to reach at least 1.5m visitors meaning an average cost per user session of less than 10c. This facilitates access to quality assured mental health content and signposting of services in order to improve population mental health literacy.

A breakdown of the full budget for digital mental health in 2025 is detailed below. Any remaining budget is held in reserve to assess unmet need / increased demand for online therapies, including low cost online counselling and online CBT.

Table 2

| Service / organisation | Intervention | Budget |
|---|--|----------------|
| Text About It | Crisis text support | 2420000 |
| Silvercloud | Online CBT-based programmes | 1800000 |
| Foroige | Online mentoring programme | 125000 |
| Parenting Courses | Research collaboration with HSE Health & Wellbeing | 100000 |
| My Mind | Low cost online counselling | 300000 |
| UL / Uni of Galway / HSE | Safe Plan suicide prevention app development | 50000 |
| Navigator | Online signposting and youth mental health resource | 300000 |
| GROW | Online GROW support group meetings | 100000 |
| e-Mental Health International Collaborative | Country membership of international digital mental health organisation facilitating research and collaboration | 30000 |
| TogetherAll | Clinically moderated online peer support (students) | 70000 |
| My Transitions | Online eating disorder support programme | 150000 |
| CyberSafe Kids | Online safety and support | 300000 |
| TOTAL | | 5745000 |



Oifig an Stiúrthóra Náisiúnta Cúnta
Meabhairshláinte

Ospidéal Naomh Lómáin,
Baile Phámar, Baile Átha Cliath 20, D20 HK69

Office of Assistant National Director
Mental Health

St Loman's Hospital
Dublin 20, D20 HK69

@hselive / hse.ie
e: PQReps.NatMHOPS@hse.ie

In 2025, a national digital mental health strategy will be finalised and published by the HSE. This strategy will ensure that the HSE is guided in the ongoing provision of a wide range of digital mental health supports to meet varying levels of need. From mental health promotion to online counselling and crisis intervention, digital solutions are becoming mainstreamed in the overall provision of mental health support for the population.

I trust this information is of assistance to you.

Yours sincerely,

General Manager – Policy Implementation
HSE Mental Health Services
Access and Integration