



Deputy Ryan O'Meara
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

14th July 2025

PQ Number: 37734/25

PQ Question: To ask the Minister for Health the mental health supports available to children and adults in IPAS accommodation; if specialist services for trauma and, more generally, services that can address the unique experience of undergoing the international protection process are provided; and if she will make a statement on the matter. -Ryan O'Meara

Dear Deputy O'Meara

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.

Refugees and Applicants Seeking Protection

Adults and children who come to Ireland as refugees or applicants seeking protection can access mental health supports that are provided by or supported by the HSE including;

- Information, self-help supports and online resources
- Supports and services provided in the community by voluntary organisations
- Specialist mental health services that can be accessed through their GP (general doctor)

People arriving in Ireland may be affected by their experiences in their home country in different ways. Many will be able to cope quite well with appropriate practical support. Others may experience distress and could be at risk of developing mental health difficulties.

Information on a broad range of mental health supports, services and resources can be found on the HSE's yourmentalhealth.ie (information provided in English).

Beneficiaries of Temporary Protection arriving from Ukraine

- [Getting Healthcare in Ireland](#) provides information on services and support pathways in both Ukrainian and Russian. It also directs users to various supports, including counselling, peer support, advocacy services, helplines, and online resources.
- [My Mind](#) provides free one-to-one counselling and psychotherapy services (in person and online) to Beneficiaries of Temporary Protection from Ukraine, over 18, living in Ireland.
- [Aware](#) provides free support, education and information for people with mental health issues as well as their family and friends. They also provide support groups for people from Ukraine.



Organisations that offer free mental health support for children and young people

- [Childline](#) has updated its extensive suite of services to include 24 hour text and live chat supports in Ukrainian.
- [SpunOut.ie](#) has online resources, articles and information for young Ukrainians about accessing the healthcare and social welfare systems in Ireland.
- [Barnardos](#) find support and guidance tailored to Ukrainians, specifically for parents, carer's, and those working in early years.

Jigsaw

The Jigsaw Support Line is available for free mental health support and advice to young people aged 12 - 25 years old, and parents or concerned adults

- Freephone 1800 544729 (from 1pm to 5pm Monday to Friday)
- Text CALL ME to 086 180 3880, giving your preferred day and time for a call (from 9am to 5pm Monday to Friday)
- Email help@jigsaw.ie (for responses from 9am to 5pm Monday to Friday)
- Visit www.jigsaw.ie or www.jigsawonline.ie for more information

My Health My Language

- [My Health My Language](#) is a range of videos which provide information on a number of healthcare topics, including mental health. The videos are available in 17 languages.

Accessing Specialist Mental Health Supports and Services

Anyone who is experiencing difficulties with their mental health should speak to a GP (general doctor). The doctor can refer the person to a wide range of mental health supports and services delivered by, or on behalf of, the HSE. These include supports and mental health services in the community, and specialist mental health services. Services are available for children and adults. Interpreter services are also available.

Other supports

Some NGOs also provide support through various projects

Shine

The See Change campaign, developed by Shine, works with partners across the country to reduce mental health stigma including organisations that span across all sectors of society including minority groups during our Green Ribbon campaign, giving talks, organising events and providing information.

Contact info@seechange.ie for further information

Visit the Shine website

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[Be Aware, Be Well](#) – Migrant Mental Health & Wellbeing Initiative. It aims to improve mental health outcomes for ethnic minorities in Ireland through key actions: 1-Community-Based Mental Health Promotion and Awareness Raising, 2-Capacity Building, 3-Peer Support, 4-Improved Access, and Service Provision.

- [Health Information and Advocacy Centre](#) (Dublin and Balbriggan)
- [Ukrainian Crisis Response & Health Navigators](#)
- [Patients Advocacy](#)
- [Group Development](#)
- [HealthConnect](#) (includes Mental Health services page)
- Intercultural Peer Support



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Youth Mentoring : Direct Provision/IPAS

This programme matches a young person (10-18 years) from a direct provision centre, with a caring adult volunteer from their local community. The programme is a unique collaboration between the participant and the community with the aim of addressing issues of the young person's social and emotional wellbeing, as well as their integration and inclusion into their new community. Participants either reside in a direct provision centre and/or are International Protection Applicants. There are two projects in operation in 2024: 1. Direct Provision Centre, Ballyhaunis Mayo and 2. Direct Provision Centre, Salthill, Galway.

The Health Service Executive provides and funds a wide range of counselling and mental health services for children and adults who may have suffered trauma. The services available include:

HSE National Counselling Service

The HSE National Counselling Service (NCS) provides a free, professional, confidential, counselling and psychotherapy service to adults and is available in all HSE Health Regions.

The NCS provides the Counselling in Primary Care (CiPC) service. CiPC is a time limited counselling service providing up to 8 counselling sessions to adult General Medical Services (GMS) cardholders with mild to moderate psychological difficulties. Eligibility criteria for the service currently limit referrals to CiPC to patients holding valid GMS cards referred by their GP or Primary Care Practitioners. If the nature of the difficulties being experienced by an individual are mild to moderate in nature, the CiPC service may be appropriate.

More information about the NCS can be found here:

<https://www2.hse.ie/mental-health/services-support/ncs/>

HSE Community Mental Health Services

Adult mental health services in the community can offer access to talking therapies and may be an appropriate service for individuals who have experienced trauma as a result of flooding. Referral to community adult mental health services is through a patient's GP.

Helplines

A number of helplines are available to provide confidential non-judgemental support including:

- **Samaritans**

Samaritans provide a listening ear 24 hours a day every day of the year. This is confidential, nonjudgmental, emotional support by phone, email, letter and online. Samaritans also provide face-to face support at their local branches.

Website: www.samaritans.org

Free Phone: 24 hours: 116 123

- **Grow**

GROW is a mental health support and Recovery Organisation. They have a number of regional offices and a Lo-call helpline. Details of all services is available on their website.

Website: www.grow.ie

Tel: 0818 474474

Email: info@grow.ie



- **Pieta**

Provides free therapeutic support to people who are in suicidal distress and those who engage in self-harm.

Website: www.pieta.ie

Tel: 1800 247 247

Text 50808

A free, 24/7 text service, providing everything from a calming chat to immediate support for your mental health and emotional wellbeing. Service users can free-text HELLO to 50808 for an anonymous chat with a trained volunteer, any time.

I trust this information is of assistance to you.

Yours Sincerely,

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