



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

www.hse.ie
[@hselive](https://twitter.com/hselive)

e: PQReps.NatMHOPS@hse.ie

Deputy Padraig Rice
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

19th August 2025

PQ Number: 42636/25

PQ Question: To ask the Minister for Health the number of persons on a waiting list for counselling services by health region and integrated healthcare area; age category; and time waiting, in tabular form. -Pádraig Rice

Dear Deputy Rice

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 (NCS) is a professional, confidential, counselling and psychotherapy service available free of charge in all regions of the country. It was established in 2000 following the Taoiseach's apology in 1999 on behalf of the State for abuse of children in residential institutions. It was one of a series of measures to address the needs of those who had been abused as children in residential institutions.

In 2013 the NCS expanded to provide the **CIPC** service to adults who hold a GMS card who may be experiencing mild to moderate psychological difficulties who present in the primary care setting. Currently all adults in receipt of a medical card are eligible for the service. CIPC is available in each HSE regional health area and provides up to eight counselling sessions. The CIPC model of service is aimed at providing early access to counselling.

The **CAPA service is for adults who have experienced childhood abuse** who are experiencing moderate to severe psychological difficulties. This service offers medium to long term counselling contracts.

Since 2021 the National Counselling Service has provided **counselling to former residents of Mother and Baby Home and County Home Institutions** as part of the Government agreed package of health and well-being measures. There is no waiting list for this service.

The NCS provides a person-centred, high-quality counselling service 'in the right place, at the right time', in line with the Sláintecare reform programme. Counsellors working with the NCS utilise a range of counselling interventions depending on presenting issues and assessed needs of the client.



Current Waiting Times for Counselling with the HSE National Counselling Service

Tables 1 & 2 below indicate the latest available information for the number of people waiting for counselling with the HSE NCS CIPC and CAPA services as at 30.6.2025. Figures are provided by Health Region, LHO, and length of time waiting. Age category data is not available.

Table 1: Waiting times for CIPC as at 30.06.2025

HSE Region - CIPC Service	LHO Area	Less than 1 Mth	>1<3 Mths	3-6 Mths	6 Mths +	Total
HSE Dublin & Midlands	Dublin South City	20	14	0	0	34
HSE Dublin & Midlands	Dublin South West	22	26	0	0	48
HSE Dublin & Midlands	Dublin West	31	45	13	0	89
HSE Dublin & Midlands	Kildare West Wicklow	36	18	0	0	54
HSE Dublin & Midlands	Laois Offaly	47	129	61	29	266
HSE Dublin & Midlands	Longford Westmeath	29	95	88	43	255
HSE Dublin & Midlands	Total	185	327	162	72	746
HSE Dublin & North East	Cavan Monaghan	11	26	24	14	75
HSE Dublin & North East	Dublin North	55	99	59	0	213
HSE Dublin & North East	Dublin North Central	34	77	129	19	259
HSE Dublin & North East	Dublin North West	22	65	97	4	188
HSE Dublin & North East	Louth	24	62	42	2	130
HSE Dublin & North East	Meath	22	62	118	74	276
HSE Dublin & North East	Total	168	391	469	113	1141
HSE Dublin & South East	Carlow Kilkenny	7	45	82	22	156
HSE Dublin & South East	Dublin South East	17	33	50	70	170
HSE Dublin & South East	Dun Laoghaire	19	40	72	151	282
HSE Dublin & South East	South Tipperary	7	33	24	19	83
HSE Dublin & South East	Waterford	21	60	80	10	171
HSE Dublin & South East	Wexford	10	41	54	19	124
HSE Dublin & South East	Wicklow	17	32	76	103	228
HSE Dublin & South East	Total	98	284	438	394	1214
HSE Mid West	Clare	4	36	75	83	198
HSE Mid West	Limerick	19	104	116	38	277
HSE Mid West	North Tipperary East Limerick	8	28	39	77	152
HSE Mid West	Total	31	168	230	198	627
HSE South West	Kerry	21	41	20	5	87
HSE South West	North Cork	11	18	13	2	44
HSE South West	North Lee	30	70	58	14	172
HSE South West	South Lee	26	68	45	15	154
HSE South West	West Cork	7	14	9	2	32
HSE South West	Total	95	211	145	38	489
HSE West & North West	Donegal	35	63	54	22	174
HSE West & North West	Galway	46	73	33	98	250
HSE West & North West	Mayo	18	20	2	14	54
HSE West & North West	Roscommon	8	8	3	8	27
HSE West & North West	Sligo Leitrim	31	35	53	64	183
HSE West & North West	Total	138	199	145	206	688
National Total		715	1580	1589	1021	4905



Table 2 Waiting times for CAPA as at 30.06.2025

CAPA Referrals at 30.6.25	LHO	Less than 1 Mth	>1<3 Mths	3-6 Mths	6 Mths +	Total
HSE Dublin & Midlands	Dublin South City	3	13	3	1	20
HSE Dublin & Midlands	Dublin South West	3	10	13	1	27
HSE Dublin & Midlands	Dublin West	7	11	14	0	32
HSE Dublin & Midlands	Kildare West Wicklow	4	20	4	0	28
HSE Dublin & Midlands	Laois Offaly	4	28	20	24	76
HSE Dublin & Midlands	Longford Westmeath	2	8	11	45	66
HSE Dublin & Midlands	Total	23	90	65	71	249
HSE Dublin & North East	Cavan Monaghan	4	2	3	2	11
HSE Dublin & North East	Dublin North	4	13	19	55	91
HSE Dublin & North East	Dublin North Central	5	12	19	75	111
HSE Dublin & North East	Dublin North West	4	6	13	40	63
HSE Dublin & North East	Louth	5	12	23	11	51
HSE Dublin & North East	Meath	6	8	19	14	47
HSE Dublin & North East	Total	28	53	96	197	374
HSE Dublin & South East	Carlow Kilkenny	0	3	1	0	4
HSE Dublin & South East	Dublin South East	6	9	13	17	45
HSE Dublin & South East	Dun Laoghaire	5	9	14	28	56
HSE Dublin & South East	South Tipperary	1	0	1	0	2
HSE Dublin & South East	Waterford	0	0	0	1	1
HSE Dublin & South East	Wexford	2	2	0	0	4
HSE Dublin & South East	Wicklow	6	18	24	16	64
HSE Dublin & South East	Total	20	41	53	62	176
HSE Mid West	Clare	1	3	1	0	5
HSE Mid West	Limerick	3	1	6	1	11
HSE Mid West	North Tipperary East Limerick	0	0	0	4	4
HSE Mid West	Total	4	4	7	5	20
HSE South West	Kerry	4	18	13	7	42
HSE South West	North Cork	0	1	1	4	6
HSE South West	North Lee	6	12	14	28	60
HSE South West	South Lee	5	20	13	47	85
HSE South West	West Cork	0	3	1	1	5
HSE South West	Total	15	54	43	87	199
HSE West & North West	Donegal	1	5	4	0	10
HSE West & North West	Galway	10	24	12	84	130
HSE West & North West	Mayo	6	2	1	4	13
HSE West & North West	Roscommon	2	0	2	6	10
HSE West & North West	Sligo Leitrim	19	18	20	15	72
HSE West & North West	Total	38	49	39	109	235
National Total		128	291	303	531	1253

Waiting times for counselling vary across HSE Health Regions depending on factors such as level of demand, staffing levels, availability of accommodation etc.. The NCS is a demand led service with the counselling contract offered based on the assessed needs of the client. As the number of clients seeking counselling exceeds the number of counselling spaces available at any one time there is a waiting time for counselling.

Of the total number of people waiting for counselling with the NCS at the end of June 2025 (6,158) 44% were waiting 3 months or less for counselling, 25% were waiting longer than 6 months.

The number of clients currently waiting is in the context of a year on year increase in referrals to, and demand for counselling with the NCS - This is combined with a significant number of vacant Counsellor/Therapist posts which is negatively impacting waiting times for counselling.



I trust this information is of assistance to you.

Yours sincerely,

Tony Mc Cusker
General Manager
National Mental Health Services