



Oifig an Stiúrthóra Náisiúnta Cúnta
Oibríochtaí Meabhairshláinte

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Deputy Róisín Shorthall
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

30th July 2024

PQ Number: 30790/24

PQ Question: To ask the Minister for Health the number of persons on a waiting list for counselling services, by CHO, age category and time waiting, in tabular form. –Róisín Shorthall

Dear Deputy Shorthall,

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. 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.

The CIPC model of service is aimed at providing early access to counselling. Clients are offered up to eight counselling sessions.

The CAPA service [for adults who have experienced childhood abuse] is for moderate to severe psychological difficulties and offers medium to long term counselling contracts. Following an initial assessment, clients are placed on a waiting list for ongoing counselling.

Counselling to former residents of Mother and Baby Home Institutions.

In 2021 the National Counselling Service began offering counselling to former residents of Mother and Baby 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 continues to prioritise these clients with immediate allocation to counselling if this is the client's choice.

In April 2024 following the inquest into the Stardust fire disaster the National Counselling Service began providing counselling to family members and those impacted by the Stardust. There is no waiting list for this service. The NCS prioritises these clients with immediate allocation to counselling if this is the client's choice.



Waiting list figures for the CIPC and CAPA services are presented in the tables below which provide details by CHO area at end of June 2024, the most recent data available. Data for age category is not available.

In total there are currently 6,337 people waiting for counselling with the National Counselling Service, of whom 4,973 are waiting for CIPC and 1,364 are waiting for CAPA. 79% of clients are waiting less than 6 months.

Table 1 CIPC Waiting List

No. Waiting for CIPC 30.6.24	< 1 Mth	>1 <3 Mths	> 3 < 6 Mths	6 Mths+
CHO Area				
CHO 1	62	173	149	96
CHO 2	25	62	92	261
CHO 3	43	162	155	117
CHO 4	76	202	237	38
CHO 5	55	259	275	102
CHO 6	49	147	230	42
CHO 7	203	102	1	1
CHO 8	113	436	368	228
CHO 9	109	251	138	2
Total	647	1794	1645	887

Table 2 CAPA Waiting List

No. Waiting for CAPA 30.6.24	< 1Mth	<1> 3 Mths	>3 < 6 Mths	6 Mths +
CHO 1	8	44	15	10
CHO 2	6	19	26	130
CHO 3	7	15	14	12
CHO 4	21	38	47	54
CHO 5	26	64	68	45
CHO 6	16	31	42	3
CHO 7	23	61	42	3
CHO 8	35	52	64	73
CHO 9	25	45	52	128
Total	167	369	370	458

I trust this information is of assistance to you.

Yours sincerely,



Tony McCusker
General Manager
National Mental Health Services