



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 Matt Shanahan.
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

20th December 2024

PQ Number: 44190/24

PQ Question: To ask the Minister for Health in regard to patients who have suffered trauma as a result of psychiatric institutional sectioning and treatment, what supports exist in the health system to support them in terms of counselling, and so on; and if he will make a statement on the matter. -Matt Shanahan

Dear Deputy Shanahan,

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.

There is a detailed legal process in place regarding the involuntary detention of any individual in a public or private mental health facility. All mental health hospitals and units must be registered as Approved Centres by the Mental Health Commission (MHC). The vast majority of admissions to Approved Centres are voluntary in that the person freely agrees to go into hospital for treatment. However, where a person is suffering from a mental disorder which is defined as a mental illness, severe dementia or significant intellectual disability, then they can be admitted to a mental health hospital/unit involuntarily.

Reasons for involuntary admission include there being a serious risk that the person may cause immediate and serious harm to themselves or to other people because of the illness, disability or dementia and that the person's judgement is so impaired, because of the severity of the illness, disability or dementia, that their condition could get worse if they are not admitted for treatment, which is only available within a hospital setting and that such treatment would improve the person's mental health significantly.

Under the Mental Health Act (2001) every person who is involuntarily detained in an Approved Centre will automatically have their detention order referred to an independent mental health tribunal for review. The tribunal involves a group of trained and independent people who will look at the individual's involuntary admission in order to decide if the admission followed the law and to ensure that the individual's rights are protected. This independent review must be carried out by the tribunal within 21 days of the detention order.



Every person involuntarily detained has a right to a legal representative (covered by legal aid) which is assigned by the MHC. The individual may ask for a different legal representative from the MHC's panel or appoint their own private solicitor. The MHC also arranges for an independent Consultant Psychiatrist to provide a report on the individual's mental health for the tribunal and for the person's legal representative. Any order made to detain a person must be sent to the MHC within 24 hours.

Further information on Mental Health Tribunal process can be found here:

<https://www.mhcirl.ie/what-we-do/mental-health-tribunals/mental-health-tribunals/mental-health-tribunal-process>

Information for Involuntary Patients can be found here:

<https://www.mhcirl.ie/sites/default/files/2021-10/Information-for-Involuntary-Patients-English-2021.pdf>

In terms of existing supports, the HSE provides and funds a wide range of counselling and mental health services for adults which are available to patients who may have suffered trauma as a result of involuntary detention in an Approved Centre. Services include the following:

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 was originally established in 2000 to provide counselling and psychotherapy to adults who experienced childhood abuse (CaPA). This service provides medium- and long-term psychotherapy which may be appropriate for patients/service users who have experienced trauma as a result of being involuntarily detained in an Approved Centre

The NCS also 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 an involuntary inpatient experience in a mental health setting. Referral to community adult mental health services is through a patient's GP.

Recovery Training for HSE Mental Health staff

The Mental Health Engagement and Recovery function provides Recovery Practice and Principles training for all Mental Health Staff which is co-produced and co-facilitated by people with lived experience. Trauma awareness for staff is a key part of this training. Additionally through some of our **Recovery Education/Recovery College** services provide modules for service users in understanding and managing trauma.



HSE Funded Services

The HSE funds a number of talking therapy services and other relevant supports which may be appropriate depending on a person's presenting issues. These include:

- **MyMind**

<https://mymind.org/individual> provides access to counselling and psychotherapy, face to face and online

- **TURN2ME**

Offers self-help, peer support and professional support through an online platform for those who are experiencing poor mental health <https://turn2me.ie/>

- **Shine**

Shine is a national mental health organisation which provides a range of services to support individuals with lived experience of mental health challenges and their families and supporters including Information and brief support, Peer support and advocacy. Further information is available at: <https://shine.ie/shine-supports-page/>

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, non-judgmental, 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: 116123

- **Aware**

Irish Advocacy Network, Peer advocacy, support and information to people with mental health difficulties.

Website: www.irishadvocacynetwork.com

Tel: 01 872 8684

- **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,

A handwritten signature in black ink that reads "Derek Chambers".

Derek Chambers
General Manager (Policy Implementation)
Access and Integration: HSE Mental Health Services