



Office of the Assistant National Director  
Access and Integration

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Oifig an Stiúrthóir Náisiúnta Cúnta  
Rochtain agus Comhtháthú: Seirbhísí  
Meabhairshláinte FSS  
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Deputy Róisín Shorthall  
Dail Eireann,  
Leinster House,  
Kildare Street,  
Dublin 2.

29<sup>th</sup> October 2024

**PQ Number: 41318/24**

**PQ Question: To as 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**

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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.

#### **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 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 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 1 and 2 below which provide details by CHO area at end of September 2024, the most recent data available. Data for age category is not available.



In total there are currently **6,403** people waiting for counselling with the National Counselling Service, of whom 4,933 are waiting for CIPC and 1,470 are waiting for CAPA. Of the total number of clients currently waiting for counselling 2% (134 people) have declined an offer of counselling and are currently waiting by choice for an alternative offer [such as an alternative date, time or location]. **77%** of clients are waiting less than 6 months.

**Table 1 CIPC Waiting List**

<b>No. Waiting for CIPC x CHO 31.9.2024</b>					
<b>CHO</b>	<b>&lt;1 mth</b>	<b>&gt;1&lt;3 Mths</b>	<b>&gt;3&lt;6 mths</b>	<b>6 Mths+</b>	<b>Total</b>
<b>CHO 1</b>	77	146	150	78	<b>451</b>
<b>CHO 2</b>	16	39	92	222	<b>369</b>
<b>CHO 3</b>	68	192	179	159	<b>598</b>
<b>CHO 4</b>	88	167	190	55	<b>500</b>
<b>CHO 5</b>	24	199	324	148	<b>695</b>
<b>CHO 6</b>	63	148	187	99	<b>497</b>
<b>CHO 7</b>	99	157	10	0	<b>266</b>
<b>CHO 8</b>	91	399	396	204	<b>1090</b>
<b>CHO 9</b>	123	240	103	1	<b>467</b>
<b>National Total</b>	<b>649</b>	<b>1687</b>	<b>1631</b>	<b>966</b>	<b>4933</b>

**Table 2 CAPA Waiting List**

<b>No. Waiting for CAPA by CHO 31.9.2024</b>					
<b>CHO</b>	<b>&lt;1 mth</b>	<b>&gt;1&lt;3 Mths</b>	<b>&gt;3&lt;6 mths</b>	<b>6 Mths+</b>	<b>Total</b>
<b>CHO 1</b>	16	27	25	14	<b>82</b>
<b>CHO 2</b>	8	20	32	99	<b>159</b>
<b>CHO 3</b>	9	11	10	15	<b>45</b>
<b>CHO 4</b>	35	48	48	71	<b>202</b>
<b>CHO 5</b>	28	35	97	77	<b>237</b>
<b>CHO 6</b>	14	43	49	8	<b>114</b>
<b>CHO 7</b>	19	52	43	2	<b>116</b>
<b>CHO 8</b>	19	82	70	92	<b>263</b>
<b>CHO 9</b>	26	43	53	130	<b>252</b>
<b>National Total</b>	<b>174</b>	<b>361</b>	<b>427</b>	<b>508</b>	<b>1470</b>



I trust this information is of assistance to you.

Yours Sincerely,

A handwritten signature in black ink that reads "Tony McCusker". The signature is fluid and cursive, with the first name being the most prominent.

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