



Press Release – 03 September 2024

For Immediate Release

The Psychological Society of Ireland Advocates for Parity Between Mental Health and General Health in Budget 2025

- **Increase the mental health budget to 10% of the total health budget, in line with international best practice.**
- **Full implementation of *Sharing The Vision*, the national mental health policy.**
- **Commit to parity between general and mental health by increasing pay for Psychology Assistants to €33,598 per annum.**

The Psychological Society of Ireland (PSI), as the learned and professional body for the profession of psychology in the Republic of Ireland, advocates for mental health to be given the same level of importance, resources, and treatment as general health in the Society's [Pre-Budget Submission](#), which has been submitted to the Department of Finance and the Department of Health ahead of next month's 2025 Budget.

Mental wellbeing is a relatively new concept in public health, and [as highlighted by the World Health Organization \(WHO\)](#), mental health and mental illness are largely seen as separate from the public health tradition. As a result, the fundamental view of health and illness as interconnected, and being influenced by a number of factors, is often not applied to mental health. The opportunity to improve mental health in communities is regularly overlooked and the focus is directed more at treating people who are already unwell rather than taking preventative action.

In Budget 2024, [approximately 5.7% of the total health spend in Ireland was spent on mental health](#), while international best practice recommends this investment be 10-12% of the total health budget. The PSI proposes to increase the mental health budget to 10% of the health budget in Budget 2025. By prioritising mental health funding, with a time-lined plan that works towards 10% investment, the Government will be able to support services to address the increasing demand for mental health services. Investment is vital for improving access, reducing wait times, and enhancing quality of care, while also potentially lowering long-term demand through strengthened prevention efforts.

The PSI also urges the Government to provide dedicated funds and prioritise the full implementation of Ireland's national mental health policy, [Sharing the Vision: A Mental Health Policy for Everyone](#). Since being put into effect in 2020, [of the 100 policy recommendations made, only 3 are complete. 48 are on track, leaving 51 that still need implementation](#). Full implementation of this strategy is crucial for realising its objectives, which include enhancing service quality, developing person-centred care, and integrating mental health care into broader health services. Full implementation will strengthen the Government's commitment to a more inclusive health environment and ensure that all individuals have access to high-quality mental health care.

Finally, the PSI is calling for the Government to commit to parity between general and mental health by increasing pay for Psychology Assistants to €33,598 per annum. Psychology Assistants play a pivotal role in the delivery of mental health services, providing support to senior psychologists, and contributing significantly to patient care. However, [their pay is currently less than other equivalent 'Assistant' roles in the Health Service Executive \(HSE\)](#), namely Audiology Assistant, Occupational Therapy Assistant, Physiotherapy Assistant, Speech and Language Therapy Assistant, and Radiography Assistant. By investing in Psychology Assistants through competitive compensation and support, the HSE is nurturing its future workforce and contributing to the long-term sustainability and effectiveness of mental health services.

PSI President, Dr Odhrán Mc Carthy says: "As we prepare for Budget 2025, the Psychological Society of Ireland remains steadfast in our commitment to creating a more integrated, rights-based, and person-centred healthcare system. By prioritising the proposals outlined in our submission, the Government will reinforce its commitment to a robust and equitable mental health system. We urge the Government to take decisive action to ensure our mental health services are well-supported and sustainable for the future."

ENDS.

For further information, or to arrange an interview please contact:

Lucy Brennan

PSI Media and Content Coordinator

communications@psychologicalsociety.ie

+353 87 755 2409

Notes to the editor:

- The Psychological Society of Ireland (PSI), with over 4,600 members, is the learned and professional body for the profession in the Republic of Ireland, with the primary object of advancing psychology as an applied science in Ireland and elsewhere.
- Connect with the PSI through their [website](#), [LinkedIn](#), [X](#), [Facebook](#), [Instagram](#), and [YouTube](#).

- See more information on PSI press releases [here](#) and advocacy items [here](#).