



**Press release – 10.06.2019**

## **Psychological Society of Ireland welcomes Ministers wish for more Psychologists in Mental Health System**

The Psychological Society of Ireland (PSI), the learned and professional body for psychology in the Republic of Ireland, welcomes the recent public commentary by Minister for Mental Health, Jim Daly, with regard to the lack of mental health services for young people.

The PSI recognises that anxiety is one of the foremost difficulties that young people are encountering in the modern age and that Psychologists can, and should be, to the forefront of support for young people in this area due to the range of evidence based interventions at their disposal.

All available evidence supports early intervention for mental health difficulties to prevent the necessity for referral to Child and Adolescent Mental Health Services (CAMHS). To achieve this aim, Primary Care Psychology services must be prioritised for government funding so that young people get timely and effective intervention when it is most needed.

The PSI also welcomes the Ministers wish to see more Psychologists in the mental health system. It is of significant concern to the PSI that the most recent HSE figures have indicated that only 38% of recommended Psychologists are in post in CAMHS. Children and young people who are in need of CAMHS should have access to the full range of multi-disciplinary supports available.

The PSI looks forward to working with the Minister and his department to increase access to Psychology services for all who need it.

President of the PSI, Ian O'Grady, states: "We welcome the comments of the Minister and are heartened that there is political recognition of the central role that Psychology should play in supporting young people's mental health. We now need to see that recognition translated into political action with psychology posts being increased to the recommended levels. This needs to occur alongside equitable funding of clinical, counselling and educational psychology training places. Our youth have waited long enough for help with their mental health, actions speak louder than words."

**ENDS.**