



## **CPsychI Press Release 13<sup>TH</sup> December, 2016**

### **College of psychiatrists concerned that people in acute mental distress will not seek help due to media reports about the cost of accessing services**

The College of Psychiatrists is concerned that some quotations in the papers yesterday and subsequent online and broadcast coverage of same, attributed to Mrs Majella O'Donnell, give a misleading impression to people with mental health problems about mental health services and may deter those in extreme mental distress from seeking support and help.

Public Mental Health Services, both hospital and community based, are free at the point of delivery (including ED departments with a GP referral) and in general people in acute mental distress will be seen as a matter of urgency.

Although the College is advocating for increased resources for mental health services nationally (see [pre budget submission](#) and [pre-election manifesto](#) which highlights 5 priority areas) it believes the combination of supports in Primary Care and Mental Health Services mean people presenting in acute distress will in general receive support in a timely fashion.

Director of Communication and Public Education (and President elect) for the College, **Dr John Hillery stresses**

“While it is good to keep the highlight on improvements badly needed in some areas of mental health services it is important the general public having read coverage of some of the points attributed to Mrs O'Donnell will not be put off looking for help when it is needed.

There is more to do to bring our mental health services and supports up to the standard and availability as espoused in ‘A Vision for Change’ but there are supports and help without cost in the public mental health services around the country despite this.”

Ends

#### **Note to editor:**

*The College of Psychiatrists of Ireland was formed in 2009. It is the professional body for psychiatrists in the Republic of Ireland. The Mission of the College of Psychiatrists of Ireland is to promote excellence in the practice of psychiatry. The College of Psychiatrists of Ireland is the sole body recognised by the Medical Council and the HSE for the training of doctors to become specialists in psychiatry and for the*



## College of Psychiatrists of Ireland

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*continuing assurance of the career long competence of specialists in psychiatry. The College supports the delivery of mental health services in line with the recovery model and supports the delivery of the national policy on mental health services A Vision for Change.*

*\*A Vision for Change (2006) is a strategy document which sets out the direction for Mental Health Services in Ireland. It is a framework for promoting mental health at all levels of society and for delivering specialist care to everyone who needs it. It recognises both the strengths and inadequacies of existing services and outlines a strategy for building on the innovations heralded by Planning for the Future. It details a series of actions for developing a comprehensive person-centred model of mental health service provision.*