



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin,
Baile Phámar Baile Átha Cliath 20.
R: PQReps.NatMHOPS@hse.ie

Head of Operations, Mental Health Service
St Loman's Hospital,
Palmerstown, Dublin 20.
Email: PQReps.NatMHOPS@hse.ie

Deputy Denis Naughten,
Dail Eireann,
Dublin 2.

25th May 2022

PQ Number: 24110/22

PQ Question: To ask the Minister for Health the steps being taken by the National Office of Mental Health and Wellbeing to establish a national student mental and emotional helpline following a recommendation at the West Regional Health Forum; and if he will make a statement on the matter - Denis Naughten

Dear Deputy Naughten,

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 a number of mental and emotional supports already in place to assist students both inside and outside school. The [YourMentalHealth](http://YourMentalHealth.ie) website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners.

Services include:

Jigsaw

- The Jigsaw Support Line is available for free mental health support and advice to young people aged 12 - 25 years old, and parents or concerned adults
- Freephone 1800 544729 (from 1pm to 5pm Monday to Friday)
- Text CALL ME to 086 180 3880, giving your preferred day and time for a call (from 9am to 5pm Monday to Friday)
- Email help@jigsaw.ie (for responses from 9am to 5pm Monday to Friday)
- Visit www.jigsaw.ie or www.jigsawonline.ie for more information

SpunOut.ie

- SpunOut.ie provides a wide range of articles and information for young people, on many different topics, including mental health
- Text SPUNOUT to 086 1800 280 to chat to a trained volunteer (standard message rates may apply)
- Visit www.spunout.ie for more information



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Text 50808

- 50808 is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support
- This service provides a safe space where students and young people are listened to by trained volunteers
- The Text 50808 team are trained to deal with leaving certificate students who would be texting in about exam stress

TURN2ME

- [TURN2ME](#) provides a three-tiered approach to supporting mental wellbeing - self-help, support groups and professional support. Online services include counselling and support groups

MyMind

- www.mymind.org provides access to counselling and psychotherapy, face to face and online

Students with complex mental health needs can access help through their General Practitioner in the first instance.

Given the level of support services currently available locally and nationally, the HSE is of the view that establishing a national student mental and emotional helpline is not an effective means of providing information/support to this group of young people.

Further information on wellbeing for students can be found at the following links:

<https://www2.hse.ie/mental-health/>

<https://www.gov.ie/en/publication/c2715-wellbeing-information-for-students/>

<https://www.mentalhealthireland.ie/resources/>

I trust this information is of assistance to you. Please do not hesitate to contact me if you have any further queries.

Yours sincerely,

Jim Ryan
Assistant National Director - Head of Operations
National Mental Health Services