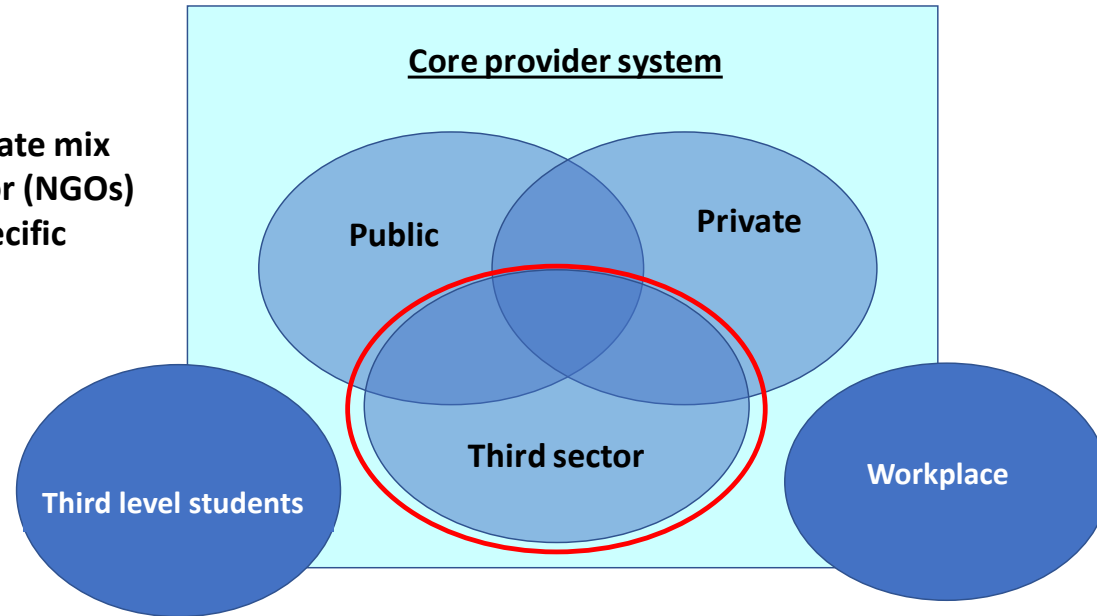


The role of the Third Sector
**In eMental Health innovation and
service provision in Ireland**

Kevin Cullen

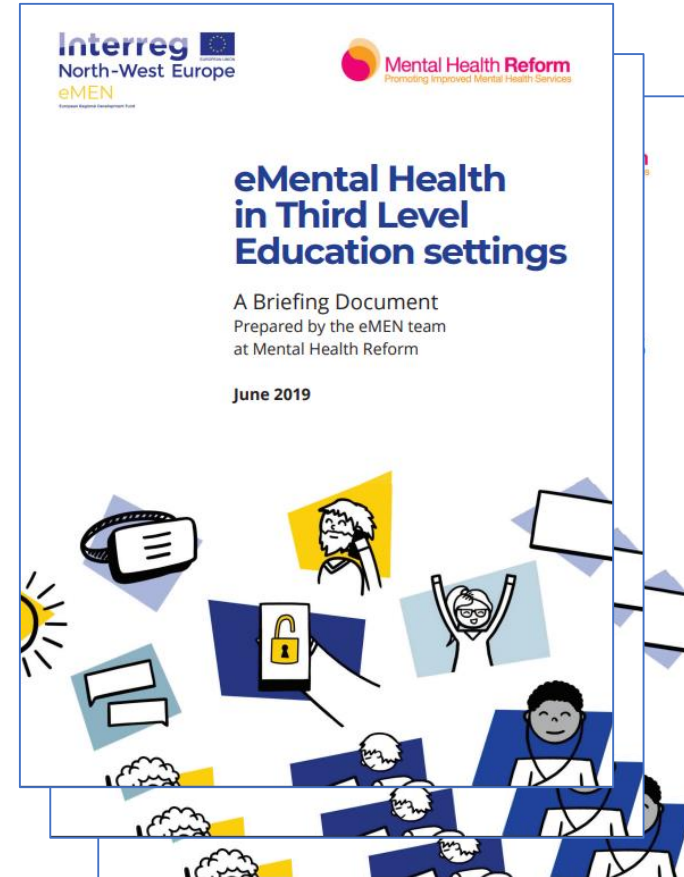


Mental health services in Ireland

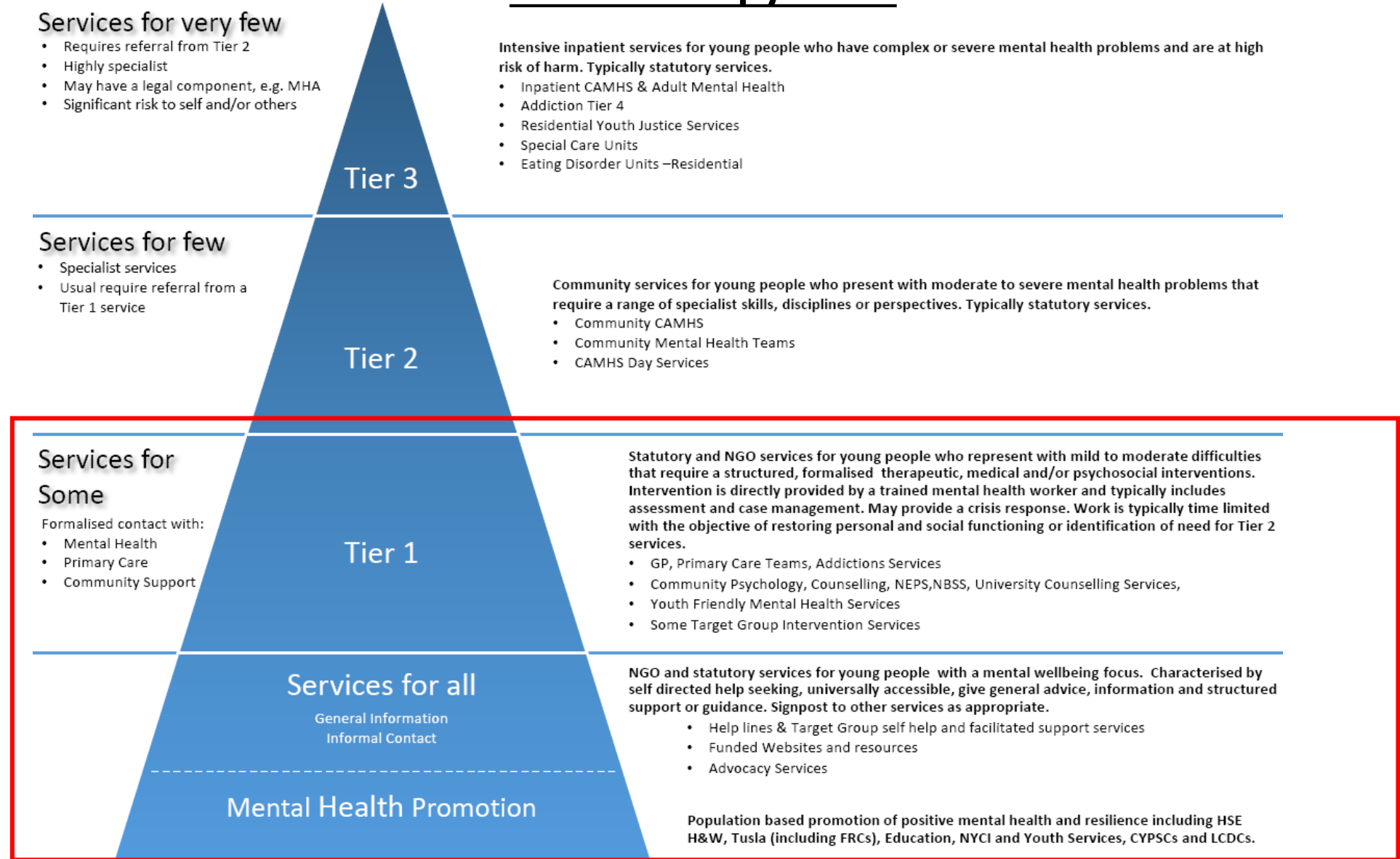


- Public-private mix
- Third sector (NGOs)
- Setting-specific

Briefing document series



The service pyramid



Third-sector-led innovation – some examples

Offline

- ❑ New recovery supports for severe/enduring mental health issues
- ❑ Peer-led initiatives & user involvement in service design/delivery
- ❑ Large-scale psycho-educational programmes & low intensity talking therapies
- ❑ New approaches to reach and support specific needs, including marginalised groups

Third-sector-led innovation – some examples

Online

- Online information for young people (incl. social media)
- 24/7 crisis lines (phone, instant chat, text)
- Online CBT-based programmes supported by trained volunteers
- Online counselling services
- Online support groups
- Mental health wellness and self-help apps
- Innovative therapeutic tools

BODYWHYS
The Eating Disorders Association of Ireland

UNDERSTANDING EATING DISORDERS

RECOVERY, TREATMENT & SUPPORTING SOMEONE

UPCOMING EVENTS

SeeMySelf

SEEMYSELF

SEEMYSELF PROGRAMME

SeeMySelf – is an online psycho-education programme designed for young people aged 15-24. The programme focuses on different issues such as self-esteem, body image and media, and culture. Participants work through a series of the six modules week-by-week. Each participant is allocated a supporter who will, via the online programme, check in with the person's [...]

[READ MORE](#)

MyMind
Centre for Mental Wellbeing

Home

Individual Online Children And Ad

At MyMind, you have the option to have your therapy session online with one of our mental health professional matter where you're living and from the privacy and convenience of your own space.

MyMind Online's platform is an easy to use and confidential, makes online counselling accessible and easy to you're living in Ireland or worldwide.

An online session can be useful if you:

- Aren't able to reach one of our centres due to geographical location
- Are experiencing mobility difficulties
- Are experiencing social anxiety or agoraphobia
- Have issues with childcare

MyMind offers a safe and very user friendly online environment through confidential video conferencing.

High Contrast Text Size

SPUNOUT.ie Find Help Search

News Education Employment Health Life Opinion About Us

Mental Health

Return to Health

How do you explain your feelings and worries? Who can help you if you are too shy to ask for help? Does anyone notice when it feels like your world is falling apart? This section has a range of articles on mental health and how you can improve yours as well as getting advice and support.

Trending in Mental Health

How to build resilience

Different types of therapy

Latest video

Be Aware - Ditch the Monkey

turn2me
a lifeline online

Services Professional Services Articles/Resources Info Centre

Group Support

Turn2me hosts Online Support Groups on Anxiety, Suicidal Thoughts & Feelings, Depression, Stress Management and General Mental Health issues. You can book a Support Group today!

JIGSAW

Young people's health in mind

Live group chats

We host weekly live group chats facilitated by a Jigsaw Clinician. Each week has a different theme. Apply up until three hours before the chat opens.



Support Education Information Events Volunteer Fundraise

HOME . EDUCATION . LIFE SKILLS ONLINE

Life Skills Online

R U there?

Learn about the message that inspired Crisis Text Line and why we do what we do.




Childline

Call . Chat . Text

Talking helps!


Free Phone
1800 66 66 66


Free Text
50101


Live
Message

HELPLINK MENTAL HEALTH

Counselling, Education & Information

ONLINE COUNSELLING NATIONWIDE

National Online Counselling Service

Online counselling works the same as traditional face-to-face counselling. The only difference is that appointments happen through your computer, tablet or smart phone in a place that can be more convenient for you, such as your own home, office or other private setting. Furthermore, Online Counselling can be carried out over video and/or instant messaging.

Our Online Counselling Service includes:

1. General Counselling
2. Bereavement Counselling
3. Addiction Counselling
4. Youth Counselling

Online counselling allows you to connect with yourself and others regardless of where you may be in the world. Therefore, whether you are at home, at work or even abroad you need not be alone. make this online service and easy and useful for you. Therefore, all of our counsellors are fully qualified, insured and Garda vetted.

eMental Health Innovation & deployment

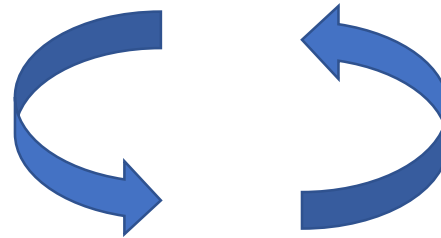


'Top-down'

- Department of Health
- HSE Digital Mental Health programme
- eHealth Strategy
- Sláintecare?

Needs & changing demand

- Access to 'talking therapies'
- Self-help
- Peer support (recovery)
- 'Digital generation'



Mental health services

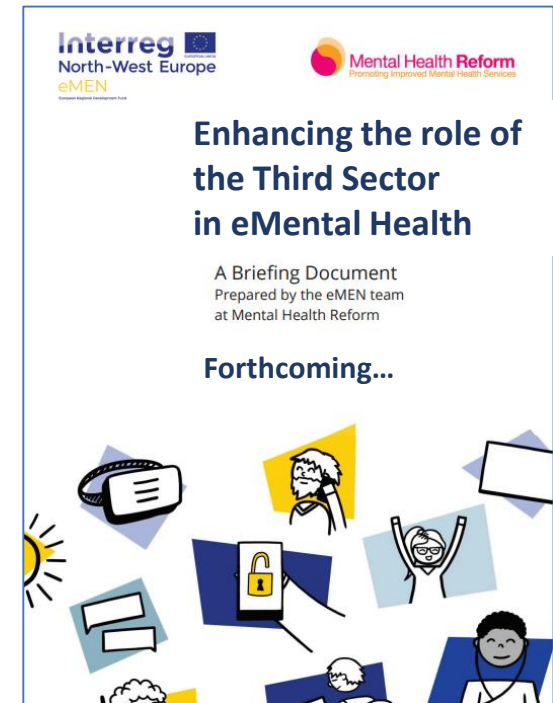
- Not enough clinicians/therapists
- Service improvement/innovation
- Scale of unmet demand
- Hard to reach groups
- Integrated & seamless pathways

'Bottom-up'

- Mental health service providers using eMental Health (NGOs, private, etc)
- eMental health product developers (universities, SMEs, social enterprises, etc)
- Innovation support initiatives (eMEN project, Health Innovation Hub, etc)

Roundtable session

- ❑ Participant feedback – some Mentimeter questions (online)
- ❑ Roundtables – discussion and feedback (rapporteur from each table...)
- ❑ Plenary discussion



Enhancing the role of the third sector?

Developing
eMental health
tools

Keeping
up-to-date

Coherent online
navigation &
pathways

Reducing major
treatment gaps

1. **Greater role in eMental health technology Research, Design & Development / Social Innovation**
 - Access to publicly-funded tech innovation funding (and social innovation funding)
 - Collaboration between third sector, universities, tech-for-good companies, etc.
 - Supporting user involvement in design and development process
2. **[eMental health] Technology Watch & Technology Transfer for the third sector**
 - Learning and technology transfer within the Irish third sector
 - Technology watch, learning and technology transfer from international developments
3. **More Seamless & Integrated Pathways for mental health supports & services**
 - Information, sign-posting, supported self-help, psychoeducation, therapy, crisis, recovery, ...
 - Within the third sector and linking with the formal mental healthcare system
4. **Much more Partnering between Third Sector and Formal Systems**
 - Delivering low intensity therapies at scale for common mental health conditions ('CIPC 2.0')
 - Developing and implementing new supports for people with severe and enduring difficulties

Thank You !