



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service

# Primary Care Services for Children and Families

Áine Gallagher - OT Manager  
Primary Care Dublin North



GP  
Nurse/midwife  
Health care assistant  
Home help  
Physiotherapist  
Occupational therapist  
Social worker  
Chiropodist  
Community pharmacist  
Dentist  
Dietician  
Psychologist  
Speech and language therapist  
Counselling

Social Inclusion  
Addiction  
Homeless  
Migrant Supports

Covid Vaccination &  
Testing Services



**Stronger links with:**

Mental Health

Health and Wellbeing

Older Persons

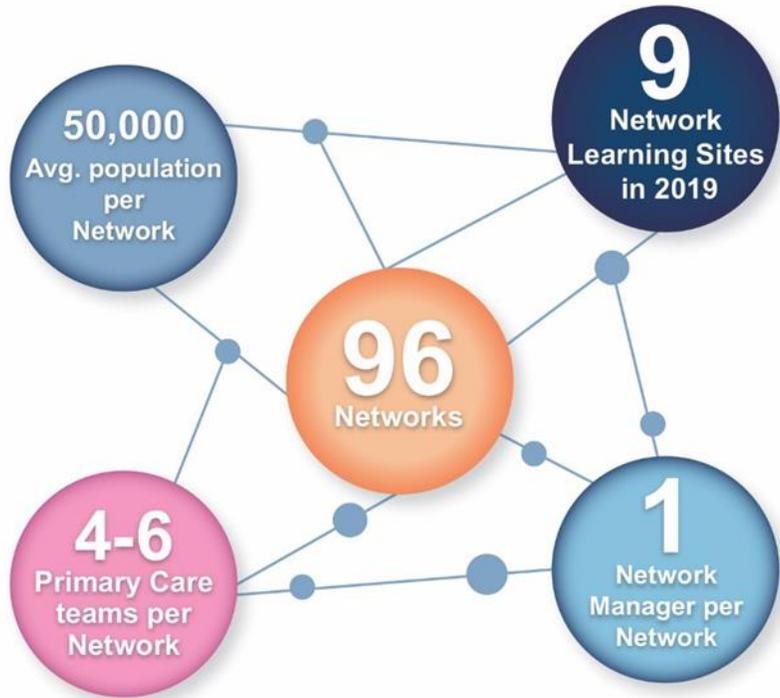
Disabilities

**Primary health care is there  
for you throughout your  
whole life.**



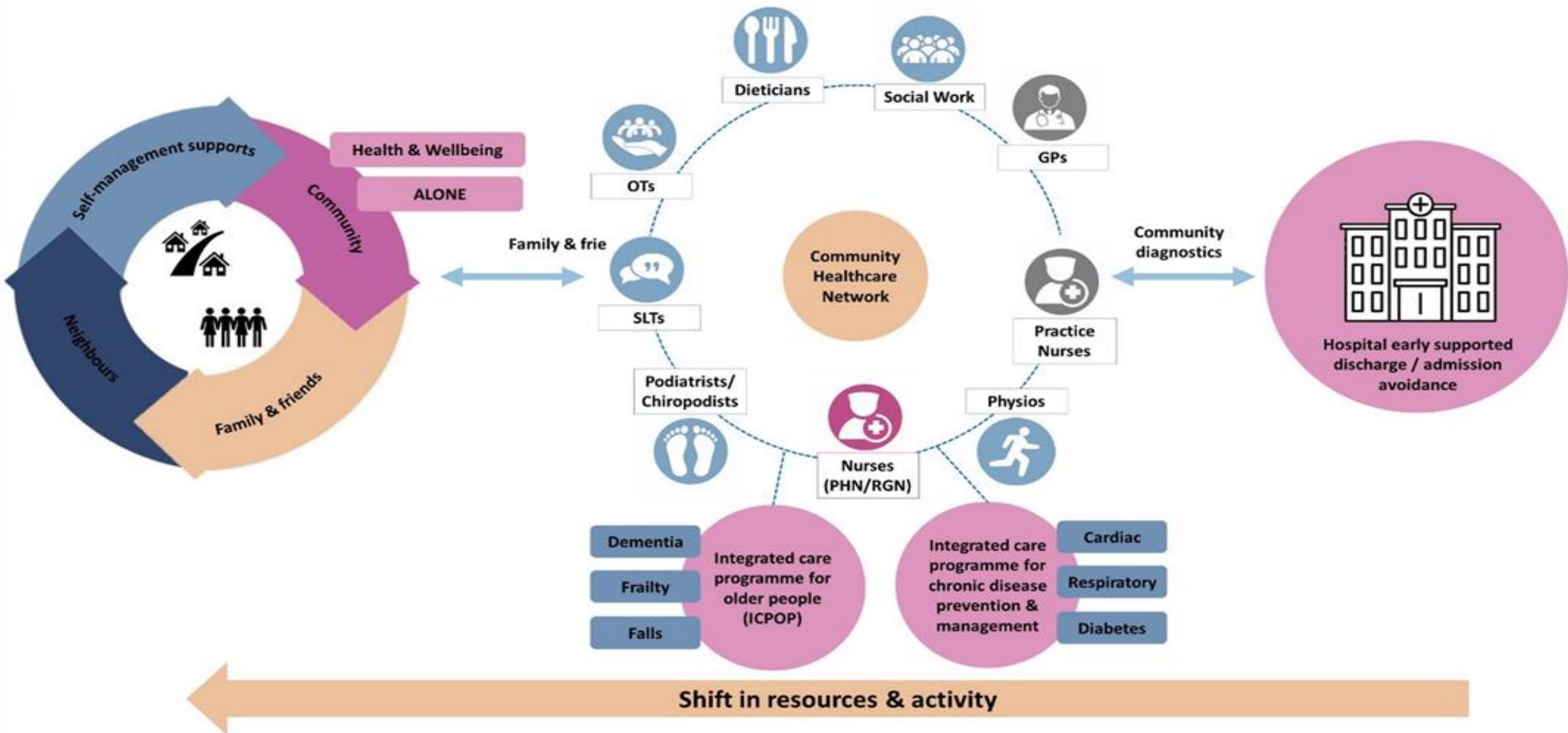
Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# What will Networks do?

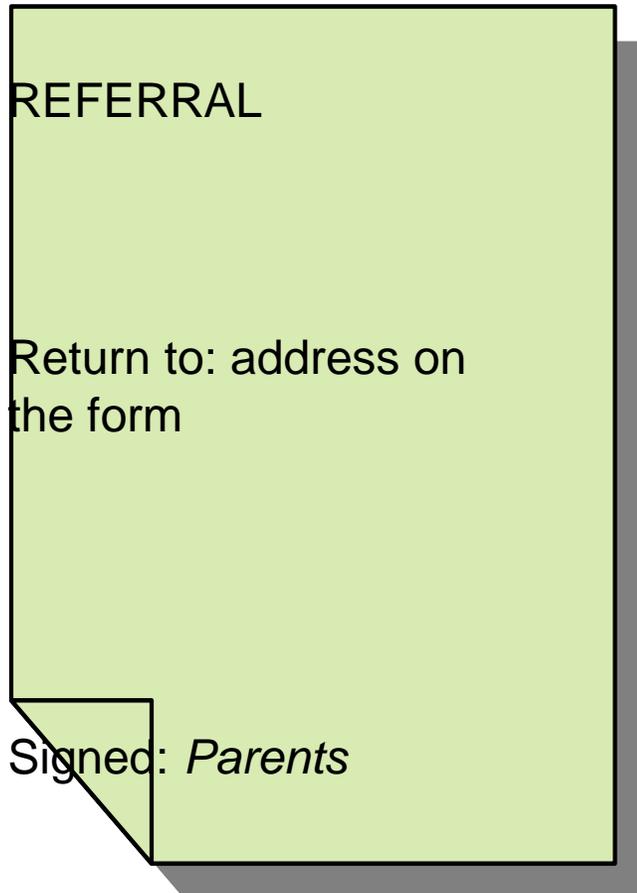


- **Strengthen collaborative multi-disciplinary team** working in Primary Care
- Ensure more **coordinated and consistent care** for people using our services
- Improve **integration with other community services**
- **Manage and deliver local services to a defined population**





# How to refer



- Discuss your child's needs with your G.P. or other appropriate healthcare/education professional.
- Complete a Primary Care referral form **in full** ticking box for the appropriate service required (OT, SLT etc.)
- For some services self-referral is possible and for others the referral must come from a G.P. or healthcare professional e.g. Physio, Dietitian.
- **SIGNED CONSENT FROM PARENTS**
- **\*Some services have an additional service specific referral form and return postal address\***



# Some Universal Community Supports

- Advice Clinics (Psychology). The Occupational Therapy service also runs an Advice clinic available to those on the waiting list
- Webinars – (e.g. Occupational Therapy parent and teacher educational webinars found on HSE.ie website)
  - <https://www.hse.ie/eng/services/list/1/lho/dublinnw/occupational-therapy-for-children/>
  - <https://www.hse.ie/eng/services/list/1/lho/northdublin/occupational%20therapy%20services%20for%20children/>
  - Topics such as Introducing OT, Sensory Skills, Daily living skills, handwriting, Assistive technology



# Universal Supports Continued....

**Dietician Service - On-line Workshops (Dietitian/Empower partnership – Healthy Food Made Easy and Baby Food Made Easy)**

<https://empower.ie/health-and-wellbeing/healthy-fingal/healthy-cooking/> and  
<https://www.northsidepartnership.ie/health/healthy-food-made-easy/>

**Supports for new parents** – Online breastfeeding support groups organised by local PHN's

**HSE YourMentalHealth Information Line** on [freephone 1800 111 888](tel:1800111888), any time day or night

<https://turn2me.ie/> Free online counselling and online support groups for young people aged 12 to 17 and adults.



# Universal Supports Continued....

- **SilverCloud Health Online CBT**

- Online Cognitive Behaviour Therapy (CBT) is available to help manage mental health and wellbeing.
- The HSE and SilverCloud Health provide internet-based CBT for people over the age of 18 in programmes that run for up to 8 weeks.
- You need a referral from one of the following to access the service:
  - your GP
  - Primary Care Psychology
  - the National Counselling Service
  - Jigsaw

- **Minding your Wellbeing** - <https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html>



# Counselling in Primary Care (CIPC)

This service is available to adults over 18 years who are medical card holders and experiencing mild to moderate psychological and emotional difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress. Many people who are currently attending have sought counselling to address the impact of the pandemic.

CIPC provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. CIPC operates from over 240 locations situated throughout Ireland, typically local Primary Care Centres

Contact Information for Dublin North City and County - [CIPCDNC@hse.ie](mailto:CIPCDNC@hse.ie) ; Ph: 01 7957170

01 7957171



**Recent Challenges** – Waiting times, Staffing/Resource issues, Covid 19, the Cyber attack

**Optimistic outlook for 2023** - New Positions have been created across all clinical disciplines as part of the Enhanced Community Care Programme (Sláintecare) and we committed to recruiting these posts and improve service access to our local communities

**Thank you**

