



Introduction of Councillor Assistance Programme Support for Elected Members in Dublin City Council

Following a recommendation from AILG Dublin City Council has been in discussions with our HR Department and Occupational Health Provider to put in place arrangements for a confidential Counselling / Assistance Scheme available to the elected members of Dublin City Council.

The service will be contracted to CHI and the Elmwood Centre for counselling and psychotherapy and the contract managed by the HR Department who have experience in managing the staff support service.

Elmwood offer the following mental health supports:

- Individual short term psychotherapy
- Psychological First AID
- Couples therapy
- Stress Management Workshops and Programmes
- Well-being Programmes
- Art therapy
- Online Individual therapy
- Telepsychology
- Low Cost Psychotherapy

Councillors requiring assistance will initially contact a Doctor in CHI who will assess the requirements and recommend (if appropriate) a referral to Elmwood who will provide psychological support to Dublin City Councillors. Councillors will be provided with a contact number and email for the Practice Manager who will be Monday to Friday from 9.30am to 1.30pm. An appointment will be set up with a qualified and accredited counsellor/therapist within one working week. Councillors will have the option of engaging online or in person with their allocated therapist. A maximum of 6 appointments per year will be provided to Councillors through the scheme at a cost of €100 per session. Councillors will have the opportunity to avail of further sessions at their own expense. The service is available to Councillors only and not to family members with the exception of couples therapy.

Details are due to be finalised in the next month and all Councillors will be contacted with details of the support service.

Deirdre Ní Raghallaigh
Senior Executive Officer