



Procedure for Accessing Assistance Support Programme Elected Members

The Protocol Committee at its meeting on 1st April 2021 agreed a report on the provision of Counselling Services for Elected Members. The Assistance Support Scheme will provide a confidential counselling service through the City Council's own occupational healthcare provider, Corporate Health Ireland (CHI). The service will be contracted to CHI and the Elmwood Centre for counselling and psychotherapy and the contract managed by Dublin City Council's 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

In order to avail of this service please follow the steps outlined below:

- 1.) A Councillor can make a request for a referral to the counselling service to Brendan Hayden, Executive Manager in the Human Resources Department.
Email: brendan.hayden@dublincity.ie Tel: 222 2381
- 2.) The Executive Manager, Human Resources Department will arrange for a 1st assessment between the Councillor and CHI. This will involve the Councillor's contact details being forwarded to CHI who will then contact the Councillor directly to make the appointment.
- 3.) The CHI Occupational Health Professional will carry out the first assessment and determine the need for referral on to Elmwood counselling service and advise on the recommended number of visits.
- 4.) CHI will contact the Executive Manager, Human Resource Department to request approval for their recommendation.
- 5.) Once approved CHI will provide the contact details of the counselling service directly to the councillor who will arrange their own appointments with Elmwood Centre.

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.