

Referral pathways to Psychological Therapies in Ireland: Three perspectives

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The aim of this research was to map out the referral routes for mental health service users to access psychological therapies, to identify the criteria used in making such referrals, and to assess the information available to referring agents and service users on the psychological therapies available. Survey methods were used to access information from GPs regarding referral practices, from psychological therapists regarding patterns of referral to them and from service users to assess their knowledge of psychological therapies and routes of access to such services. Findings will be discussed with reference to the planned changes in the mental health services laid out in the Vision for Change report (2006) and the implementation of that report to date.