



Community Therapy Ireland

National Association of Counselling
and Psychotherapy Services



Annual Report 2024

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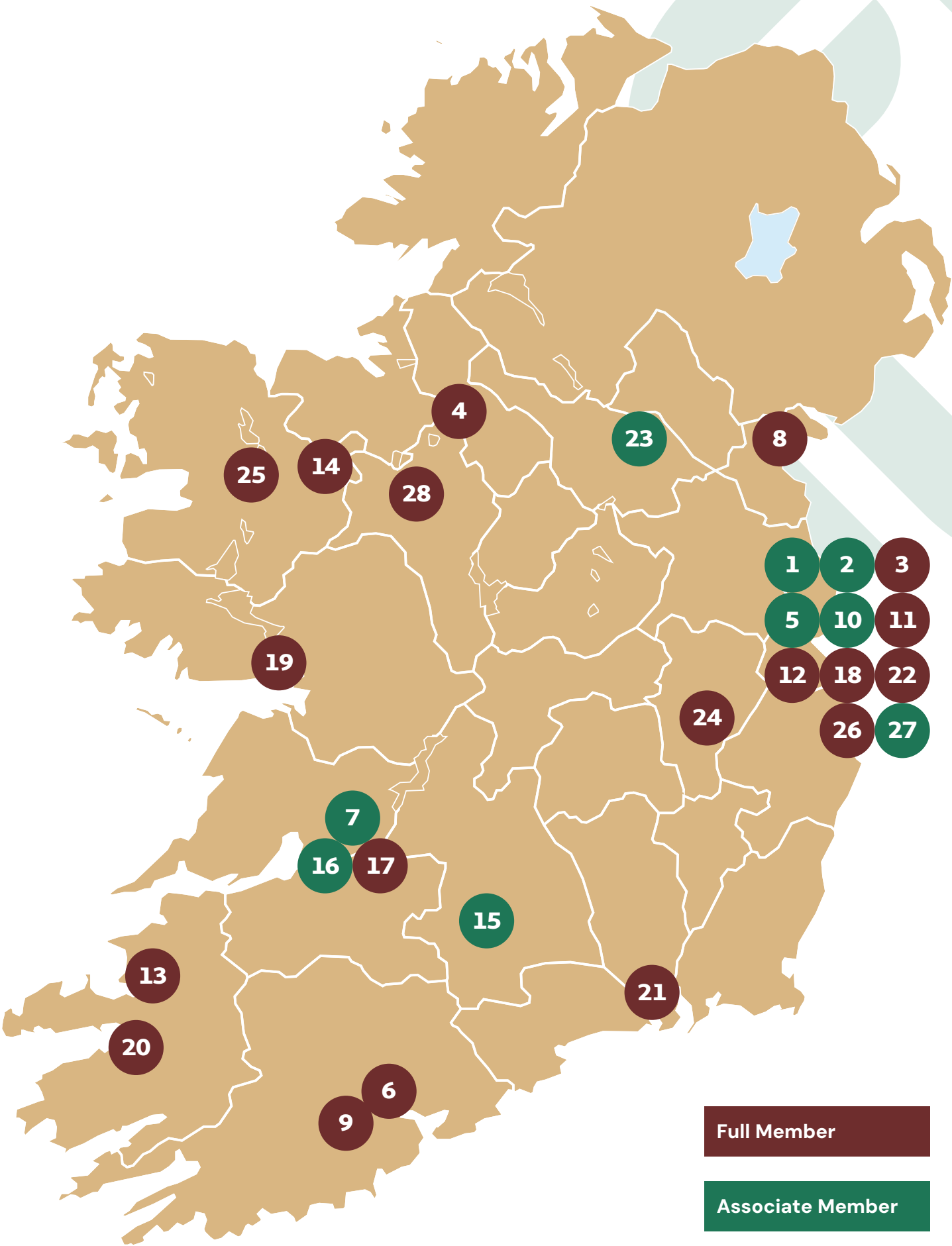
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Full Member

Associate Member

Chairperson's Foreword



Elizabeth McGuckin

Welcome to our annual report for 2024, which provides an accurate account of Community Therapy Ireland's activities.

Collective efforts have led to significant growth for Community Therapy Ireland. Building on 2023 achievements, we remained resolute and strategic in our goals for 2024. The Board convened for governance duties on at least 10 occasions with the CEO, focusing on advancing the organisation's agenda and adhering to best practices outlined by the Charities Regulator and Charities Governance Code. This involved reviewing key policies and procedures to ensure continued governance and financial compliance. The Board also attended external meetings as necessary.

The Board dedicated itself to encouraging membership engagement through steering groups that focused on refining and successfully publishing several key documents in 2024, including the Strategic Plan 2024 – 2028, the Clinical Governance & Quality Assurance Report, our Pre-Budget Submission 2025, the Data Protection Code of Conduct for Community Therapy Ireland, and the 2024 General Election Manifesto. Through

collaboration in the Clinical Governance Workshop at our National Conference, we gathered valuable information to inform members' needs and expectations, as well as the development of the new Clinical Lead role.

Our objectives were to increase public awareness through external engagement and establish an online presence. Community Therapy Ireland's LinkedIn profile promoted our work and member organisations, while also raising awareness about clinical standards and governance within our sector.

We aimed to expand our membership base and secure funding for a Clinical Lead role to disseminate the clinical standards research report across member organisations, promoting the gold standard for community counselling and psychotherapy. On successfully securing funding, Bríd Meighan was recruited as Clinical Lead in December 2024 and was ready to contribute significantly from the beginning of 2025.

At our April event, *'Celebrating Community Counselling & Psychotherapy in Ireland'* in Dublin, we welcomed key stakeholders to celebrate the contributions of community counselling and psychotherapy services, acknowledging our impact on communities. We shared our strategic plan and reflected on our journey over the past decade, also hosting a photo opportunity outside Leinster House.

In July 2024, we welcomed our new executive administrator, Suzanne Browne, who supported the implementation of the organisation's rebranding, along with other operational duties.

I want to thank our CEO, Sarah Jane Hennelly, and Executive Administrators Sally Aquilina and Suzanne Browne for their hard work during the year. The Community Therapy Ireland team provided essential support to the Board, coordinating events, preparing documents, and maintaining excellent communication in all instances.

I would also like to offer my sincere appreciation to Maria Cleary, who took up the reins as CEO during Maternity Leave cover for Sarah Jane. She has worked tirelessly to keep Community Therapy Ireland on track during this period. It has been an absolute pleasure to work with Maria.

Special thanks to our voluntary Board of Directors in 2024: Máire Ní Dhomhnaill, Joseph Enright, Des Bailey, Una Holstead, and Elizabeth McGuckin, for their commitment to Community Therapy Ireland's vision, mission, and values and attending to the Company Business with professionalism during the 2024 period.

To our members and their Boards, thank you for your ongoing support, collaboration, and dedication. Together, we make a difference in our communities, providing a sustainable mental health solution amidst the current mental health crisis. Community Therapy Ireland will continue to be the collective voice for our members, advocating for sustainable multi-annual funding for community

mental health services, making us essential in supporting and striving for clinical best practices and collaborating with key stakeholders to secure a positive future for community counselling and psychotherapy.

Finally, I wish to thank Tusla, National and Local Area Offices, for sharing our vision for accessible mental health supports for all within the community. Special thanks to Deirdre, Marie, Theresa, and Eifion from the Tusla Commissioning Unit. We look forward to continuing our positive and collaborative engagements to advance the goals of Tusla, Community Therapy Ireland, and our member organisations in delivering appropriate mental health supports to all in our communities.

Elizabeth McGuckin
Community Therapy Ireland
Chair

CEO Report



Maria Cleary

I am pleased to present the Community Therapy Ireland Annual Report for 2024 – a year that has seen further rise in demand for community therapy services and further acknowledgement that the work of Community Therapy Ireland and the national membership “ensures a consistent, high-quality approach to delivering therapeutic services where they are needed most”

(Tusla Annual Report 2024, p. 46)

It is a pleasure to present to you Community Therapy Ireland’s 2024 Annual Report. This report is reflective of the role and contribution of Sarah Jane Hennelly CEO (currently on Maternity Leave), as well as the staff, Board, and national membership. Having joined Community Therapy Ireland in January 2025, I am grateful to Chairperson Elizabeth McGuckin, as well as Board Directors Una Holstead and Des Bailey for entrusting me with the hugely important task of leading Community Therapy Ireland, and for offering wise counsel and unwavering support. I am also grateful to the national membership who continue to deliver vital therapeutic supports with professionalism and care.

In 2024, through the Community Therapy Ireland national programme, our members delivered **54,008 therapy sessions** to **5,811 children, young people, families, and community members**. Since 2014, more than **667,000 sessions** have been provided, directly supporting over **66,000 people in their own communities**. These numbers tell a powerful story: every session is a lifeline, every person supported is evidence of the transformative impact of community-based counselling and psychotherapy.

Behind those numbers lie real challenges. **People in Ireland experience the highest level of difficulty in accessing mental health services among the citizens of the 27 EU member states** (ESRI, 2024), and demand for community therapy continues to grow. Tusla (Annual Report 2024) reports **increased demand for therapeutic services for children**. HSE (Annual Report 2024) reports that **one in two people in Ireland have experienced mental health difficulties**; and 75.4% of people spend 52 weeks or more on a waiting list for a psychotherapy assessment. People living with multiple vulnerabilities, young people with adverse experiences, people who are neurodiverse, survivors of domestic violence, members of the LGBTQI+ community, Travellers, minority ethnic groups, people experiencing homelessness, and older people are facing additional barriers in accessing mental health services. **Ireland invests just 6% of its health budget in mental health — far below the Sláintecare commitment of 10%. Addressing this gap is not just about resourcing mental health services; it is about respecting people’s rights.**

In 2024, Community Therapy Ireland’s national membership continued to operate with an **average core funding shortfall of 60%**. Under-funding is a legacy issue carried by our members since 2009. As with the wider sector, members must re-apply annually for state funding. This instils much uncertainty and constrains members to strategically plan, adapt, and respond to the mental health needs within their communities.

Yet, **if adequately and sustainably funded, Community Therapy Ireland’s national membership could leverage our expertise and fulfil our role as a core component of Ireland’s mental health system.**

In 2024 and beyond, Community Therapy Ireland has continued to **amplify the voice of our national membership** and advance **strategic advocacy**. We have advocated for **multi-annual, sustainable, cross-departmental funding** for community therapy services. We have also mounted advocacy in relation to the **WRC Agreement** and the ongoing WRC implementation process. We developed our own **Pre-Budget Submission** and joined Mental Health Reform’s Pre-Budget Campaign. We continued to cultivate

relationships with key decision-makers in our sector and to represent Community Therapy Ireland’s national membership at the Tusla Coalition, Tusla Commissioning Advisory Group, Save our Services (SOS) Coalition, Mental Health Reform, The Wheel (including the Tusla Funded Organisations and the HSE Funded Organisations networks), Carmichael, and the Social Policy Network.

To **support our members**, we delivered training on the topics of **Clinical Governance; Data Protection; and Therapy in the Court System**. We also developed and published the **Clinical Governance Quality Assurance Report**, as well as the **Data Protection Code of Conduct** for Community Therapy Ireland Member Services. In line with these publications, all Community Therapy Ireland members deliver therapeutic services within a framework supported by policies and procedures that ensure high standards of professionalism, accountability, supervision, and support.

Community Therapy Ireland conducted a **Clinical Governance Consultation Workshop** and harnessed the voice, strengths, and needs of the national membership in relation to their clinical governance

practice. Based on this national membership consultation in 2024, we developed and implemented the evaluation process that led to the **Community Therapy Ireland Clinical Governance Badge of Excellence launch in 2025**.

Looking ahead, I know Community Therapy Ireland’s **national membership is growing**; our commitment to **safe, rights-based, person-centred, community-based therapy** is unwavering; and our role as a **core component of Ireland’s mental health system** is strengthened by the launch of the **Community Therapy Ireland Clinical Governance Badge of Excellence** in 2025.

To everyone who contributed to our work in 2024 and beyond — thank you. Your efforts ensure that therapy is not a privilege, but a right realised in communities across Ireland.

Maria Cleary
Community Therapy Ireland
CEO (Maternity Cover)

Jess's Story

My name is Jess, and I have been attending community therapy since 2022. When I first started going to counselling I was in a really bad place, I had just given birth to a beautiful baby girl a few months prior. What was supposed to be a joyous time for me was fuelled with anxiety, worry and stress. I loved being a mum, but I was afraid of hurting my own child, afraid that I wasn't good enough, that my child would be better off without me. That was because I was hurt in the past by my family, so I thought I was going to be exactly the same. I felt isolated and alone.

Being a mother is tough, but it felt even tougher because I felt like I couldn't talk about my thoughts about the constant racing thoughts in my head, the intrusive thoughts day in and day out. I thought I would be judged for being the way I am, that I wasn't normal. And that's when I started going to counselling, I was so anxious about going that I needed my partner to come up to the door with me and wait in the waiting room until I was finished.

I wasn't excited about going to counselling because I thought it was going to be like all of the other times that I had attended, where I felt completely shit afterwards. I felt like they didn't understand me and that they got to go home at the end of the day without any problems, while I was

still stuck with mine. However, when I started attending therapy at Dundalk Counselling Centre, I immediately felt safe and welcome. The vibes were completely different. I was made to feel welcome the moment I stepped in the door. For the first time in a very long time, I felt at peace. My shoulders felt lighter, and I was actually looking forward to going back the next week.

I finally felt listened to, the idea that having intrusive thoughts was completely normal, and it didn't make me a bad person or a bad mum either. Anytime something didn't feel right to me, I knew I had my therapist to talk to, and she would make me feel okay again. I genuinely feel like this isn't just a job for her; she actually cares about everyone who walks through the door.

As the months have passed, my confidence has grown. I am now able to walk into counselling on my own; I know I can rely on myself and that if I put my mind to something, I can do it. I have learned to tend to my own garden, and that I need to focus on myself rather than on people who drag me down. I no longer rely on my partner to do everything for me; when there is a will, there is a way. Looking back to 2022, to that scared, afraid girl, I no longer recognise her because that girl is gone and in her place is a lioness who has been set free; a caterpillar that has morphed into a butterfly.

I am free.

I no longer feel afraid to stand my ground, to fight for what is right, and that is thanks to community therapy. Without community therapy, I wouldn't be who I am today, because in 2022, I was so bad that I thought the world and the people in it were better off without me. I didn't want to die, I just wanted to feel normal, to feel like I belonged. Having someone to talk to weekly made me feel strong, made me feel better about the thoughts in my head. I can control them better now; I know they are just thoughts. I am less hard on myself.

I can now go into a shop on my own. I can speak to people on my own. Looking back on 2022, I didn't think my life would be so great in 2025. I am very lucky to have the people I do in my life, and having that extra support means the world to me, as no one can be happy twenty-four seven. I am very fortunate that I get to attend community therapy, because I know

that attending therapy can be very expensive. Still, with community therapy, you pay what you can afford, and in my case, I get to attend for free, which is honestly amazing. Having two children can be very expensive, so not having the extra stress of paying means the absolute world to me. I am very grateful to my therapist, who stood by me from the day she first met me. Thanks to community therapy, I am able to speak about the things I have never felt comfortable talking to anyone about. In the past, I

thought I would be judged. During the sessions, I feel heard. I feel respected. There is no set limit on how many times I can attend community therapy. I was worried I could only attend a few times, but with community therapy, you can attend for as long as you feel you need it. I am very grateful for community therapy because I really wouldn't be here without it.



Jess

2024 at a glance

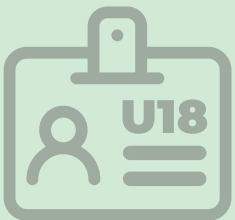
Offered **54,008**
therapy sessions



Supported **5,811**
clients



29% of clients were
under 18



65% of clients were women/
35% of clients were men



45% of clients
self-referred



2024 in pictures



We are Community Therapy Ireland

Our Vision, Mission, and Values

Community Therapy Ireland is an independent national membership organisation representing community therapeutic service providers across Ireland.

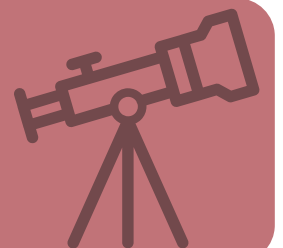
Through our work, the national membership is enabled to deliver person-centred, rights-based, professional, sustainable therapeutic services to children, families and people who need therapy, when they need it, and where they need it.

Community Therapy Ireland members are non-profit service providers. Our organisation was established in 2008 by a group of organisations in receipt of funding under the "Grants to Voluntary Organisations providing Marriage, Child and Bereavement Counselling services." These grants were administered by the Family Support Agency (FSA) which was subsumed in 2014 under The Tusla Child and Family Agency. The founding members of Community Therapy Ireland identified a clear need to develop a community-based counselling programme that operates at national level and offers members with a collective voice that supports and enables excellent practice. Since this time, we have grown. We now represent 28 community-based therapeutic service providers across Ireland.

Community Therapy Ireland is a strategic partner of Tusla and a member of the Tusla Commissioning Advisory Group. Community Therapy Ireland is a Governing member of Mental Health Reform, a member of the Save our Services Coalition (SOS), a member of The Wheel and a founding member of the Coalition of Tusla Funded Voluntary Organisations. Community Therapy Ireland is a company limited by guarantee and a registered charity. Community Therapy Ireland is in full compliance with the Charity Regulator's Governance Code.

Our Vision

We envisage an Ireland where high quality counselling and psychotherapy services are fully accessible to all



Our Mission

We offer Irish community therapeutic service providers with a collective voice and supports that enable excellent practice



Our Values

- Collaborative
- Professional
- Inclusive
- Responsive



Our Purpose

Community Therapy Ireland is a Company Limited by Guarantee, registered under Part 18 of the Companies Act 2014. The name of the Company is Teiripe Pobail Éireann Company.

The main objectives for which Community Therapy Ireland exists are:

- To benefit the community by supporting the development of high standards and best practice in delivering counselling services
- To establish and oversee an accreditation scheme and clinical governance standards for community-based counselling service providers

The ancillary objectives for which Community Therapy Ireland exists are:

- To develop a national representative forum and a national programme for community-based counselling organisations within the scheme of grants of the Tusla Agency for counselling.
- To promote networking and sharing of resources between organisations working in the counselling sector.
- To facilitate the provision of training and the development of agency-based standards in the areas of organisational and clinical governance
- To support agencies who would like to work towards membership

Operating Context

Community Therapy Ireland seeks to be part of and to help shape existing and future mental health policy, funding, and services in Ireland. In this context the following is a brief summary of the operating context in 2024, which has informed our work in 2025 and beyond.

These include:

Close alignment between Community Therapy Ireland's national programme and the commitments made in Sharing the Vision and Sláintecare

Sharing the Vision and Sláintecare commit the Government to enhancing community services and delivering more appropriate mental health supports at community level. In addition, Sharing the Vision and Sláintecare emphasise a focus on clinical governance which is required to deliver safe, high-quality, mental health supports.

Clinical governance is a cornerstone of Community Therapy Ireland's national programme. Since 2008, Community Therapy Ireland and the national membership have been developing and delivering clinical governance research, guidance, and practice. For us, clinical governance is a quality marker and an enabling factor, which aims to ensure every person engaged in therapy receives safe, person-centred, rights-based, professional, diverse (ranging from early intervention to highly-complex situations), welcoming, culturally appropriate, and responsive to emerging local needs therapy.

Tusla specifically recognises Community Therapy Ireland's leadership in the area of Clinical Governance. Tusla Annual Report and Financial Statement 2024 states that Community Therapy Ireland's Clinical Governance Standards "ensure a consistent, high-quality approach to delivering therapeutic services where they are needed most."

Community Therapy Ireland believes that no community therapy service provider should operate without Community Therapy Ireland's Clinical Governance Standards and membership. We call on the Government to prioritise funding for all community therapy providers who are current members and those who are working towards the Community Therapy Ireland Clinical Governance Standards and membership.

The growing need for community-based counselling

Community Therapy Ireland existing members are reporting growing demand for counselling and psychotherapy services among children, young people, families and members of their communities. If adequately and sustainably funded, Community Therapy Ireland's national membership could leverage our potential and fulfil our role as a core component of Ireland's mental health system, in line with Sharing the Vision and Sláintecare.

Currently, Community Therapy Ireland's members operate with an average core funding shortfall of 60%. Underfunding is a legacy issue carried by our members since 2009. As with the wider sector, members must re-apply annually for state funding. This instils uncertainty, increases administrative burden, and constraints members' ability to strategically plan, adapt and deliver services.

The national membership shares a significant concern around the potential move of the Tusla Community-Based Counselling budget from the national to the local levels, which has the potential to adversely impact Community Therapy Ireland's national programme and service delivery.

Furthermore, Ireland spends only 6% of its budget on mental health when Sláintecare makes a clear commitment to dedicating at least 10% of the budget on mental health.

Maintaining the Community Therapy Ireland national programme within the remit of the Tusla national commissioning unit and increasing core funding to Community Therapy Ireland's national membership is urgently required in order to address growing demand for mental health services at community level and in order to deliver vital supports to those who need them the most.

Focus on marginalised groups:

Community Therapy Ireland warmly welcomes the closer alignment between Sharing the Vision and the UN Convention on the Rights of People with Disabilities. However, there are particular challenges for marginalised groups including but not limited to people experiencing multiple vulnerabilities, young people with adverse mental health experiences, members of the LGBTQI+ community, survivors of domestic violence, minority ethnic groups including Travellers, people living with homelessness, the elderly, etc.

It is important that Community Therapy Ireland's national membership is further integrated in the mental health system to provide effective and seamless clinical pathways resulting in improved service user experience and outcomes.

Our Board

Elizabeth McGuckin Chairperson



Elizabeth has over 20 years' experience of working within the community and has participated on many community development projects. She has worked as a psychotherapist in private practice and

community counselling since 2005.

In 2014, Elizabeth became Clinical Lead & Centre Manager of Dundalk Counselling Centre 'Oakdene'; servicing mainly the Northeast region of Ireland, including counties; Monaghan, Cavan, Meath, Louth, Armagh and Down. Dundalk Counselling Centre is a long-term member of Community Therapy Ireland, having been actively providing community counselling for over 40 years.

Elizabeth works as a clinical assessor and senior adolescent psychotherapist at the Dundalk Counselling Centre. She is an

experienced group facilitator with young people. Elizabeth also offers psychotherapy to adult clients.

Elizabeth is an accredited Psychotherapist, Adolescent Psychotherapist & Clinical Supervisor with the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP) and a member of the Irish Council for Psychotherapy (ICP).

Elizabeth has been an active member of the Community Therapy Ireland since 2014. Liz joined the Board of Community Therapy Ireland in April 2021.

Des Bailey Director



Des Bailey has 20 years' experience working in the in the Community Voluntary Sector. He graduated from All Hallows College DCU Dublin in 2005 with a BA in Theology and Philosophy and has subsequently achieved a post

graduated qualification in Chaplaincy and Pastoral Care also with DCU. He attained further qualifications including; Addiction Counselling Studies, Evidence Based Practice in Prevention Education, Human Rights Education and Managing People etc.

Des began his career working in the Homeless Services in Dublin before returning to Kerry where he took up the role of Community Based Drugs Workers for KDYS Killarney. Since then, Des has gone on to manage various projects that support marginalised and disadvantaged youths across the county of Kerry and has also managed

European projects focused on Human Rights Education and Youth development.

Des joined Kerry Adolescent Counselling Service in 2022 to lead the team as Service Manager. Since taking up the role, he has further expanded and grown the service focusing on the efficient utilisation of service provision and strong governance. Des joined the Board of Community Therapy Ireland in August 2024 and looks forward to contributing to the next chapter in Community Therapy Ireland's growth and development.

Una Holstead Company Secretary



Una has over 20 years' experience of working in the statutory, community and charity sectors. She worked

initially as a social care worker in high support care before training as a systemic psychotherapist. Una worked for a number of years on the Barnardos Children's Bereavement team and continues to be committed to the provision of bereavement supports.

In 2019, Una became Therapeutic Coordinator at the Curragh Family Resource Centre. The service provides therapeutic supports across County Kildare for children, adolescents, adults, couples

and families. Una both coordinates the therapy services and practices as a systemic psychotherapist and clinical supervisor at the Centre.

She is an accredited Systemic Psychotherapist & Clinical Supervisor with the Family Therapy Association of Ireland (FTAI) and a member of the Irish Council for Psychotherapy (ICP). Una joined the Board of Community Therapy Ireland in October 2023.

Role of the Board

Community Therapy Ireland is in full compliance with the Governance Code for Charities, Sports Organisations and Approved Housing Bodies. The Board is ultimately responsible for the effective governance and compliance of Community Therapy Ireland. The Board is committed to achieving and maintaining the highest standards of corporate governance, including strategic planning, financial management, and risk management. The Board is committed to operating ethically and being open, transparent and responsible in how we raise and spend our funds.

Our Board of Directors is made up of skilled volunteers who have a depth of relevant experience to include clinical governance and organisational governance. While the role of the Chair and CEO are separate, the Board is supported by the CEO who attends Board meetings. New Directors receive comprehensive induction and training; and all organisational policies are reviewed on a regular basis to ensure full compliance with statutory requirements.

The Board of Directors receive a comprehensive Board pack, including

the agenda and supporting documentation, at least one week in advance of each Board meeting. This ensures that Directors have adequate time to review and prepare for informed discussion and decision-making. The Chairperson and CEO collaborate in advance of each meeting to agree the agenda, with Board members also able to submit items for consideration through the Chair, Company Secretary, or CEO. Standing agenda items include a CEO report, management accounts, conflict of interest declarations, updates on lobbying activities, risk register review, and governance matters. The CEO's report outlines progress against the organisational strategy, as well as any significant opportunities, challenges, or developments affecting the organisation. Board minutes are reviewed by the Chairperson and approved as the first item at the subsequent meeting. Attendance records are maintained by the Chairperson, Secretary, and CEO.

There is a clear division of responsibility in the organisation with the Board retaining control of major decisions in relation to the strategic plan and the CEO responsible for implementing policy within the authorities delegated to the CEO by the Board. The CEO is

supported by the Clinical Lead and the Finance and Operations Lead. The Clinical Lead leads on Pillar 2 of the organisational strategy and provides both strategic and tangible clinical governance supports to members. The Finance and Operations Lead leads on Pillar 1 of the organisational strategy and provides finance and organisational governance supports to members. The CEO leads on Pillar 3 of the organisational strategy with a focus on mounting

effective national advocacy that supports Community Therapy Ireland's national membership and cause. The CEO supports the staff team, enables and champions their work, and carries out performance management in line with the Staff Handbook. The CEO, Clinical Lead, and the Finance and Operations Lead roles exist to support the national membership and deliver on Community Therapy Ireland's Vision, Mission, and Strategy.

Organisational Structure



Our Team

Maria Cleary CEO (Maternity Cover)



Maria brings over a decade of leadership experience, having delivered mental health programmes in Ireland and internationally. Throughout her career, Maria has worked for human rights with membership organisations, national and international NGOs, and the UN.

Maria believes that now more than ever, Ireland's mental

health services need to truly meet people's needs. With a newly formed Government, 2025 is a pivotal moment to champion mental health community services in Ireland.

Maria has a deep commitment to fostering a culture of solidarity and advancing children and women's rights. Her experience in working in the Mental Health, International Development, Humanitarian, and Education sectors enables her to speak about person-centred care, human rights, diversity, and inclusion authentically and convincingly.

Previously, Maria was the Director of Funding and Programme Quality at Foundation Wings of Hope, Bosnia and Herzegovina. Maria also served as the Director of Funding and Partnerships at Early Childhood Ireland. Prior to

that, Maria worked with Trócaire and the International Organisation for Migration in HQ and field roles. These experiences informed Maria's understanding of rights-based, evidence-based programming and advocacy, as well as NGO governance, strategy, and financial oversight.

Maria brings formal training in NGO Governance, Negotiations, Change Management, Project Management, and Innovation for Impact. She holds three Masters degrees including an International Masters in Economy, State, and Society (Politics and Security Track) from University College London, and a Masters in Human Rights and Social Policy from Maynooth University.

Contact Maria Cleary:
ceo@communitytherapy.ie

Sarah Jane Hennelly CEO (Maternity Leave)



Sarah Jane has been Community Therapy Ireland CEO since 2021 and she is currently on Maternity Leave. Sarah Jane began her career as a public health researcher at UL Graduate Entry Medical School. Subsequent roles include manager of MyMind Limerick, Communications

Officer at the University of Limerick, and Communications and Campaigns coordinator with ActionAid Ireland. For several years, Sarah Jane worked with PAUL Partnership CLG, Limerick City's local development company, delivering several large-scale community-based programmes including Limerick's first UNHCR Refugee Resettlement programme.

Sarah Jane is the former National Chairperson and Mental Health Spokesperson for the Social Democrats, for whom she stood in the General Election in 2016 for Limerick City. She is a former Governor of the University of Limerick, where she received her degree

in Politics and Public Administration and Masters in EU Politics and Law. Sarah Jane previously served as a Director of Limerick Mental Health Association and Garryowen CDP, Limerick city.

Sarah Jane is trained in Advanced Media Skills, GDPR, Reflective Practice facilitation, ASIST, Understanding Self-harm and she holds certificates from Dublin Rape Crisis Centre and the HSE for working with survivors of trauma and sexual violence in social care settings. She recently completed a Certificate Company Secretarial Law and Practice from the Law Society of Ireland.

Bríd Meighan Clinical Lead



Bríd began her career working in the Financial Services sector for 15 years, and in that time accumulated a wealth of experience including operational development, organisational and people

management, change management, strategic planning, human resources, finance and corporate governance.

Following her passion in mental health and equality she completed a Postgraduate Diploma in Psychodynamic Psychotherapy with the Tivoli Institute in 2012. She has worked as a counsellor, psychotherapist and trainer with a number of companies, charities and schools over the last 13 years. She is accredited by and follows the code and ethics of The Irish Association of Humanistic and Integrative Psychotherapy (IAHIP).

She completed her masters in Adolescent Psychotherapy in 2022 which underpins her particular interest in supporting the development of young people and their families.

Bríd has previously held the role of Service Manager of the Kilkenny Rape Crisis Centre KASA from 2022 until January 2025. Bríd is also a trainer and a part-time lecturer in mental health.

Contact Bríd Meighan:
clinical.lead
@communitytherapy.ie

Swati Gupta Finance and Operations Lead



Swati Gupta joined Community Therapy Ireland's team as the Finance and Operations Lead

in June 2025. Swati is an ACCA-qualified Accountant with over a decade of Finance and Operations experience in the nonprofit and private sectors in Ireland. She is also an IPASS certified payroll technician, and she holds a Diploma in Project Management from UCD.

Previously, Swati worked with Active Retirement Ireland as their Finance Manager. Swati also worked with Early Childhood Ireland's Finance Team. Swati specialises in

management reporting, grant reporting, funder compliance, budget management, payroll processing, and audit management. Swati has a strong knowledge of Irish charity regulations and Revenue requirements. In terms of volunteering, Swati loves working as the Treasurer for her local Scouts Group.

Contact Swati Gupta:
finance.operations.lead
@communitytherapy.ie

Members Spotlight

The Traveller Counselling Service

The Traveller Counselling Service is a grass-roots community counselling service that operates through a culturally sensitive lens, taking the norms, values and culture of our clients into account. Founded and managed by Travellers, with the support of our settled colleagues, we offer free trauma-informed counselling to Travellers aged 11 and over, online, in person and over the phone, nationwide. We have in-person counselling in Dublin, Wicklow, Cork, Kildare and Mayo and we also offer a dedicated Advocacy Service that takes a person-centred approach in equipping our clients to access their rights and any additional supports that they may require. Lastly, we offer a Community Development service to local Traveller organisations, supporting them to develop and maintain mental health steering groups that respond effectively to the needs of their local community. We are also available to offer expert cultural competency training to our colleagues in other services and workplaces where Travellers are part of their clientele.



Since our establishment in 2008, and up to the end of December 2024, the Traveller Counselling Service has delivered a total of 9,301 hours of counselling to members of the Traveller community. 1,217 of those were delivered in 2024.

Of these 1,217 counselling hours provided, we know that these services were delivered across three main formats: in person, telephone, and online counselling with telephone counselling emerging as the most widely used option.

The gender profile for 2024 was in keeping with gender profiles in previous periods and showing a slight decrease in men attending the service with 62% female and 38% male.

2024 figures show an increase in clients attending from older age groups, with the largest group being in the 30 – 50 age bracket. The service anticipates that 2025 will show a marked increase in the number of clients under 18 attending the service with the anticipated launch of our Adolescent Counselling Service.

We are delighted to have moved to our new premises in 67 Amiens Street in Dublin 1, strategically situated in a highly accessible location, making it convenient for both clients and staff to reach. Its central position aligns perfectly with our goal of improving national access to our service.

- To promote networking and sharing of resources between organisations working in the counselling sector.
- To facilitate the provision of training and the development of agency-based standards in the areas of organisational and clinical governance.
- To support agencies who would like to work towards membership.

Members Spotlight

Candle Community Trust

2024 marked ten years of The Therapeutic Space in Candle Community Trust and since then it has continued to grow as a vital service in Candle for young people struggling with their well-being and mental health. It is central to Candle's unique approach and philosophy of creating a 'wrap around' service that delivers significantly positive outcomes for very vulnerable children, young people, and their families.

All the young people that engage in our services have access to our counselling service which includes Psychotherapy and Dramatherapy. 52 of the young people engaged in 519 individual counselling sessions this year.

Some young people like to talk about their difficulties while some struggle to express their feelings in a vocal way. In Candle they are given the opportunity to explore the issues in the way that best suits them, be that through talking, walk and talk, or using creative methods.

The young people on the Training Programme and Connect participants attend counselling, acupuncture, reflexology, and yoga throughout the week as part of their overall programming. While the young people who are engaged in the Youth Service or Candle's Outreach Mentoring Programme (COMP) and the young people's family can be referred to counselling, acupuncture and reflexology appointments when requested.

In 2024 the number of psychotherapy sessions available to young people increased to 39 per week and 5 of those places were made available through direct referrals from Probation Officers.

Candle, through the Therapeutic Space established a Community Support Hub in 2021 to support young people from the wider community and takes referrals from the local schools, youth services and relevant organisations. Through this initiative a total of 71 young people from the wider community attended 631 sessions of psychotherapy or drama therapy in Candle in 2024.

Candle engages staff and therapists in significant training to uphold our practice as a trauma informed centre and to incorporate neurodiversity informed care. One of our trainings this year included "Neurodiversity-Informed Care, Support & Training" – Supporting Neurodivergent Young People.

This year the Therapeutic Space received funding from the Community Foundation. We used the grant to employ another therapist in October 2024 to provide an additional 5 sessions of counselling sessions for St Seton's students.

In 2024 we continued to grow the practice of the 'check in' with young people who have completed their 12 sessions of counselling. They can opt in to be contacted to attend a session if their therapist has a cancellation. This on-going connection has proved to be greatly beneficial and supportive in maintaining a young person's emotional well-being or in highlighting if additional needs and concerns have arisen.



Members Spotlight

St. Brigid's Family and Community Centre

In 2024 St. Brigid's Family and Community Centre celebrated 40 years of delivering support to families, individuals and groups in Waterford. In response to this St. Brigid's engaged in the process to develop a long-term strategic plan to guide the service over the next 5 years. Consultation with our community, our stakeholders and our staff was a key element of the process. Using a combination of online surveys and facilitated in-person consultations, the challenges and support needs within the community were highlighted. Mental health was the top concern (highlighted by 44% of community respondents), followed by addiction (37%).



Community members were also asked about the types of supports and services they felt were most needed to improve well-being and quality of life in their area. Again, mental health was the most requested (45%).

Staff and volunteers highlighted urgent community needs based on their frontline experience. Mental health support was the top priority (59%), followed by housing and homelessness services (39%), and child and teen support (37%), especially around mental health and peer engagement. Addiction services (37%) and improved access to healthcare professionals (32%) were also gaps.

For St. Brigid's, this information drew into sharp focus the importance of the work carried out by our Counselling service and the accessible, inclusive and affordable support offered to the community. In 2024 St. Brigid's Counselling team delivered 884 sessions to adults, 856 sessions to young people, 77 sessions to couples and 384 Community Play Therapy sessions. In their conclusion to the Plan, the consultants noted, "The centre is viewed as a trusted hub, offering practical and emotional support, and fostering a sense of belonging".

Two important programmes were rolled out by St. Brigid's Counselling Service in 2024 for

- Parents of newly diagnosed Autistic children and adolescents (5 weeks)
- Neurodivergent young people aged 9 – 14 years old (12 weeks)

Both initiatives represented and addressed a huge area of deficit on a local and national level. The latter format featured a 12-week semi-structured programme for 9–14-year-old children (with differences).

2024 ended on a very positive note with the transfer of our landmark Centre in the heart of Waterford City to St. Brigid's by the Mercy Order. This represents a key event in our 40-year history which anchors us in our community and provides security going into the future. We look forward to fully celebrating our longevity and launching our Strategic Plan 2025 – 2029 in early October of this year.

Members Spotlight

Curragh Family Resource Centre

As part of the approach and work at the Curragh Family Resource Centre we identify gaps through the challenges and realities of the life experiences presented by the families who link with the service seeking support. Within our advocacy and social justice remit we strive to identify these gaps and injustices and if and where possible advocate on their behalf and/or high light the issue.



One such area which has been brought to our attention is the area of anticipatory grief and the lack of accessible information and supports, specifically where the illness does fall under an oncology department.

Grief is often thought of as something that begins only after a loss, but for many, it starts much earlier, in the quiet moments of knowing a loss is coming. This is what we call anticipatory grief: the feelings of sadness, worry, anger, confusion, uncertainty and love that surface as we prepare ourselves for change and the loss of someone dear.

At the Curragh Family Resource Centre, we meet people every day who carry this feeling of grief. We see how heavy it can feel to balance the needs of today while bracing for tomorrow. We also witness the remarkable strength, compassion, and courage that emerge when people are supported to face this experience with understanding and care.

We have been working on a publication to guide, inform and support through the complex emotions and questions that can arise during this time. It offers reassurance that what people feel is valid, that they are not alone, and that there are ways to care for themselves and their loved ones through it all.

We are hopeful this booklet will bring comfort, clarity, and connection for those of us who are navigating anticipatory grief. We are so grateful to all of those who have taken part in the process of creating the booklet, sharing their views and experiences.

Members Spotlight

The Family Centre, Castlebar

Care to Connect is a bespoke counselling service which is targeted to the individual needs of young people in aftercare in Mayo. It evolved because of conversations between the clinical team providing psychotherapy at the Family Centre, Castlebar and Tusla's Alternative Care team in Mayo. There was a recognition that young people who grow up in care have additional therapeutic support needs in comparison to those who grow up with their families. It was noted that the transition from care into adulthood and aftercare is a particularly challenging time as young people attempt to navigate their futures and consider their options for education, future security, and stability. In 2023 the Family Centre secured funding from the Tusla Dormant Accounts for the setting up of the service.



Care to Connect Counselling Service allows young people 16+ to be referred by their aftercare worker to a dedicated counselling service in the community with a psychotherapist who is aware of the complexities that come with navigating life as a care leaver in Mayo.

Main goal(s) and aims of the Service

To provide a specific counselling service tailored to the needs of young people who have grown up in care and are currently engaging with Tusla Aftercare Service in Mayo.

To provide a flexible service tailored to meet the needs of young people e.g. an online option for who may be in third level or working away, short wait list, some flexibility in relation to engagement and missed sessions, an agreed contract that allows joint conversations with aftercare workers in relation to identifying and communicating identified needs.

Main steps taken to implement the Service

The service development was collaborative between agencies with frequent communication and a mutual understanding of the joint aims of the project.

It required interagency discussion between Tusla and the Family Centre about the therapeutic needs of young people in care. Also, meetings with the aftercare team in Mayo regarding the setting up of the service, referral pathways, contracts, limits of confidentiality.

To ensure that the proposed service was meeting the needs of the young people and adult, links were made with the Psychology Department in University College Cork (UCC) to engage in a research project to evaluate the service and hear feedback directly from service users.

A Research paper was completed "Taking the Reins: An Evaluation of the Family Centre's Therapeutic Intervention for Young Adults in Aftercare (2024) This allowed participants to talk more freely about their experience of accessing the service with an independent researcher. The research project ensures that Tusla and the Family Centre's future decision-making in relation to the service can and should include the perspective of the service users.

To date Care to Connect has been a remarkable success and we look forward to the future – here are two quotes from participants who accessed the service.

Looking back at 2024...



Our Theory of Change

Since 2014, through the Community Therapy Ireland national programme, members have delivered **667,224** therapy sessions to children, young people, families and community members across Ireland.

66,363 individual people have benefited directly from counselling and psychotherapy, right within their communities.

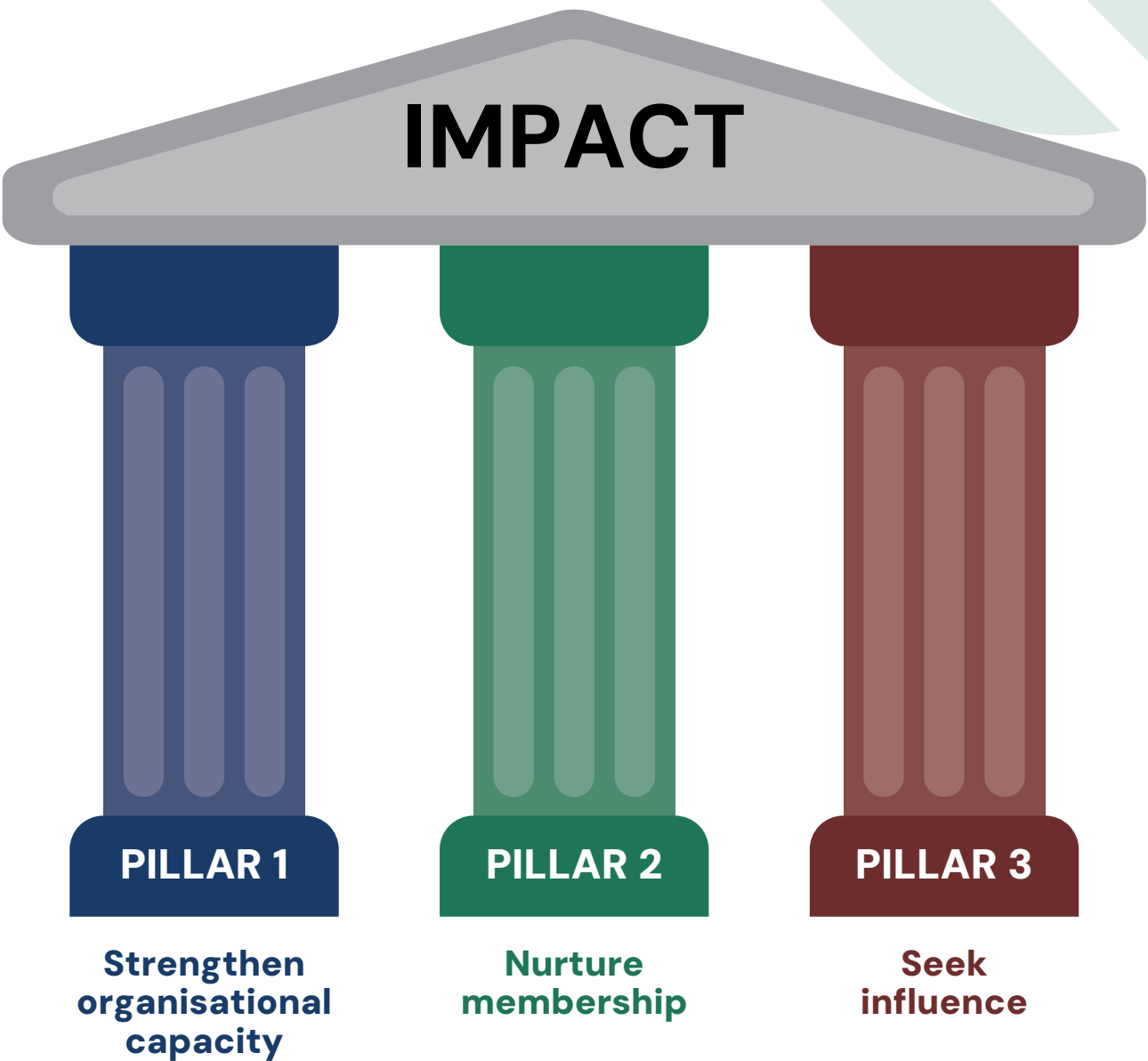
How Community Therapy Ireland makes an impact



Our Strategy and Charitable Objectives

We recognise that there are many different things that we could be doing to work towards our mission. However, our resources are constrained and we must ensure money, effort and time are channelled to those activities that will have the greatest impact. We have divided our work into three pillars and have selected activities within these that we believe will make the biggest difference to the growth and strengthening of community therapy in Ireland over the coming years.

Note that the pillars and objectives are not presented in priority order.



Pillar 1:

Strengthen organisational capacity

No	Objective	Outcome
1.1	At all times, comply with the law, regulation and contracts	Full compliance
1.2	Increase and diversify funding for Community Therapy Ireland	Greater financial viability
1.3	Continue to use SORP accounting	Quality financial accounting
1.4	Recruit and retain quality staff and volunteers	High level of staff and Board/volunteer satisfaction and low turnover
1.5	Ensure internal communication channels are fit-for-purpose	Efficient and effective internal communications
1.6	Pursue digital transformation through the roll-out of the Connect Project	Future-proofed digital systems and associated processes
1.7	Monitor progress, evaluate results and feed insights into planning processes	A learning organisation that responds to knowledge gained

Pillar 2:

Nurture Membership

No	Objective	Outcome
2.1	Map existing community therapy services in Ireland	A full understanding of the present status of community therapy services and the scope for growth in membership
2.2	Review the Community Therapy Ireland member offering and enhance where possible	An attractive offering that meets the needs of members
2.3	Promote the full member offering to potential and current members	Increased membership and better take-up of all membership services
2.4	Provide physical and online spaces to bring members together	Greater information-sharing, more peer support and a strong sense of community
2.5	Offer continuous professional development opportunities to members on relevant and emerging matters	High levels of member satisfaction with continuous professional development provided
2.6	Communicate regularly and effectively with members	High levels of member satisfaction with two-way communication
2.7	Support members to maintain high clinical standards and constantly work to raise these standards across the membership	Excellence nurtured within community therapy
2.8	Support members to align with regulation of the counselling and psychotherapy sector	Members engaged with and informed about CORU regulation of the sector

Pillar 3:

Seek influence

No	Objective	Outcome
3.1	Fully roll out the Community Therapy Ireland rebrand	An enhanced profile of our revitalised organisation
3.2	Continue to gather and publicise numeric data on community therapy in Ireland	A growing quantitative evidence base for community therapy
3.3	Gather and publicise examples of community therapy experiences	A growing qualitative evidence base for community therapy
3.4	Undertake proactive and reactive lobbying to support the development of community therapy	A greater appreciation of community therapy amongst key decision-makers
3.5	Disseminate clinical standards research and agitate for funding for the full implementation of recommendations	Funding to enable ongoing excellence in community therapy
3.6	Continue to be represented on relevant fora and seek representation on additional fora	'A seat at the table' to keep the community therapy agenda on relevant agendas
3.7	Collaborate with allies and seek champions	Joint campaigns and similar initiatives that address shared goals
3.8	Engage with national bodies that are involved in referrals to/from therapy	The opening up of more and clearer pathways between community therapy and other providers

The Clinical Governance Badge of Excellence

Building on the clinical governance experience, expertise, research developed by Community Therapy Ireland and our membership, in 2025 Community Therapy Ireland launched the Clinical Governance Badge of Excellence.

The Clinical Governance Badge of Excellence is a **quality mark** awarded to those Community Therapy Ireland member services that on an annual basis can **demonstrate excellent standards of clinical governance, client care, and service accountability.**

It **aligns fully with the policy priorities and outcomes set out in Young Ireland, Sharing the Vision, Sláintecare, and the current Programme for Government – Securing Ireland’s Future.** It demonstrates that members belong to a national network, and they uphold the highest standards of clinical governance and practice.



It further shows that Community Therapy Ireland members are:

- **Safe, rights-based and person-centred**
- Operating with the highest degree of **professionalism**
- Governed by strict **clinical standards**
- Committed to **continuous quality improvements**
- **For everyone in the community**
- **Complementing statutory and private provisions**
- **Responsive to emerging local needs**
- **Culturally appropriate, welcoming and affordable**
- Providing diverse services **ranging from early intervention to supports in highly complex situations**

There are **79 quality standards in total**, and each one of them is designed to **ensure high-quality, professional, safe, person-centred, rights-based care for everyone who needs counselling and therapy, right within their community.**

Strengthened by the Community Therapy Ireland Clinical Governance Badge of Excellence, our members are not simply supplementary – they are a fundamental component of the mental health crisis solution in Ireland.

For further information on the Clinical Governance Badge of Excellence please contact: clinical.lead@communitytherapy.ie

Our Impact

Since 2014, through the Community Therapy Ireland national programme, members have delivered **667,224 therapy sessions to children, young people, families and community members across Ireland. 66,363 individual people have benefited directly from counselling and psychotherapy, right within their communities.**

In 2024, through the Community Therapy Ireland national programme, members have delivered **54,008 therapy sessions to 5,811 children, young people, families and community members across Ireland.**

In 2024, Community Therapy Ireland intensified its mission to enable Irish community therapy services to provide excellent counselling and therapy to everyone, where they need it, and when they need it. Through membership training, strategic campaigns, policy engagement, and collaborative events, we amplified the voices of the national membership and advocated for systemic change.

Total number of children, young people, families and community members supported through the Community Therapy Ireland national programme

	Therapy Sessions Total	Clients Total
Since 2014	667,224	66,363
Since 2024	54,008	5,811

Our work at a glance

In Year 1 of the Strategic Plan 2024–2028, we sustained core organisational work and advanced new priorities, which strengthen Community Therapy Ireland, our national membership, our strategic advocacy, and our national programme. Our work ultimately empowers community therapy service users to improve their mental health and wellbeing.

Pillar 1: Strengthen organisational capacity

As a **learning organisation that responds to the needs of our national membership and the needs of people engaged in therapy**, Community Therapy Ireland developed and launched a new Strategic Plan underpinned by a robust Theory of Change.

Community Therapy Ireland remained in **full compliance with the Charities Regulator, Governance Code and all our contracts**. The organisation also continued to implement **SORP accounting**. The **Board reviewed key organisational policies** such as the Risk Policy, the Board Recruitment and Induction Procedures, the Health and Safety Policy, and the Employee Handbook.

The Board issued an Expression of Interest notice for a **new Board Director** and successfully recruited Des Bailey.

As a Section 56 organisation, Community Therapy Ireland continued to partner closely with Tusla. We successfully advocated and **secured funding** from Tusla for Community Therapy Ireland’s Clinical Lead post. This funding was received in December 2024, and following a competitive recruitment process, Bríd Meighen started in the Clinical Lead role in February 2025.

Having **gathered national data on therapy needs, trends, and service delivery since 2014**, in 2024 Community Therapy Ireland and our membership pursued to **upgrade and future-proof the national database**. A new national database is being developed in 2025.

Hubspot CRM development continued to ensure continued **effective communication with the national membership and stakeholders**.

Pillar 2:

Nurture Membership

Having met the **robust membership requirements** and submitted applications, **three new members** joined Community Therapy Ireland, including Baldoyle Family Resource Service, FACT Ballincollig Family Resource Centre (formally approved by the Board in 2025), and Target Counselling (formally approved by the Board in 2025). Carrigaline Family Support Centre has been engaging proactively and working towards Community Therapy Ireland membership. The Tusla 2024 Annual Report recognises that Community Therapy Ireland membership ensures “consistent, high-quality approach to delivering therapeutic services where they are needed most” (p. 46).

Member training needs were identified and addressed through the **Community Therapy Ireland National Conference**. Members were enabled to participate in training on the topics of Clinical Governance; Data Protection; Therapy in the Court System; and Sustainable Funding for community therapy service providers.

The **Clinical Governance Quality Assurance Report**, as well as the **Data Protection Code of Conduct for Community Therapy Ireland Member Services** were developed and published. All Community Therapy Ireland members deliver therapeutic services within a framework supported by policies and procedures that ensure high standards of accountability, supervision, and support.

Community Therapy Ireland conducted a **Clinical Governance Consultation Workshop** and harnessed the voice, strengths, and needs of the national membership in relation to their clinical governance practice. Based on this national membership consultation in 2024, we developed and implemented the evaluation process that led to the **Community Therapy Ireland Clinical Governance Badge of Excellence launch in 2025**.

Pillar 3:

Seek influence

Tusla further evidenced support for Community Therapy Ireland’s Clinical Governance Standards by aligning the newly developed therapeutic hubs within Family Resource Centres to our robust Clinical Governance Standards.

Community Therapy Ireland’s **national database** marked its tenth anniversary of providing an evidence base for community therapy needs, trends, services, and impact.

Our **sustained, positive impact on children, young people, families and community members across Ireland** was recognised through the event ‘Celebrating Community Counselling & Psychotherapy in Ireland.’ Community Therapy Ireland welcomed the national membership, elected representatives, and key stakeholders to reflect on our journey and celebrate the contributions of community counselling and psychotherapy services over the last decade.

Our **strategic advocacy** was underpinned by the new Community Therapy Ireland Strategic Plan, which was launched in April 2024. Community Therapy Ireland’s national membership was represented, and their voice was amplified at the Tusla Coalition, The Tusla Commissioning Advisory Group, the Save our Services (SOS) Coalition, Mental Health Reform, The Wheel (including the Tusla Funded Organisations and the HSE Funded Organisations networks), Carmichael, and the Social Policy Network.

Our **national membership was consulted and empowered to voice priorities**, which were represented in Community Therapy Ireland’s Pre-Budget Submission for 2024.

Community Therapy Ireland **engaged proactively and mounted advocacy with Minister Roderic O’Gorman** in relation to the Tusla estimates process.

We developed a **General Election manifesto** which we shared with all General Election candidates in November 2024.

Database Reporting & Service Trends 2024

In 2024, Community Therapy Ireland’s membership of 28 community counselling services continued to operate in a context of sustained demand for accessible, professional, low-cost mental health support. Increasing costs for our members, limited access to fully adequate funding resources, and persistent waiting lists in statutory services increased the pressure on these community-based providers. Our members’ data presented here reflects both the excellent work and the resource constraints they have met in this sector during 2024.

Looking at the data since 2014, the Community Therapy Ireland membership have delivered 667,224 therapy sessions to children, young people, families and community members across Ireland.

66,363 individual people have benefited directly from counselling and psychotherapy, right within their communities.

At the end of 2024 we could see that 54,008 therapy sessions were provided to 5,811 children, young people, families and community members across Ireland. This scale of provision underscores the critical role that community-based counselling plays in bridging Ireland’s mental health support gap, particularly for those who may not otherwise have timely or affordable access.

Our members supported people across all demographics, with 28.67% of clients under 18 years, reflecting both a growing recognition of youth mental health needs and the trust that families place in local services. Women made up 64.96% of clients being supported and men 34.57%, a pattern consistent with broader trends in those seeking mental health supports. Encouragingly, almost half of all clients (45.47%) self-referred, showing the continued awareness and willingness for people to seek help for themselves.

Three member services did not report directly into the Community Therapy Ireland national database in 2024, while four newer members in the last two years reported headline statistics as they wait to migrate from their current CRM systems to the new Community Therapy Ireland CRM, once finalised in 2025.

These statistics show how the Community Therapy Ireland’s national membership counselling services remain a vital and trusted first port of call in their communities. Providing early intervention, crisis support, short and long-term therapy in ways that are culturally and locally responsive. They also reveal persistent challenges, with funding constraints, capacity limits, uneven access, and gender imbalances in client engagement.

Annual Comparisons on key statistics since 2014

Data reported by 19 Community Therapy Ireland Members

Year	2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014
Number of new clients	3,595	4,211	4,820	5,144	4,382	6,283	7,101	8,176	10,123	8,099	4,429
Total sessions provided	47,239	48,378	55,570	66,351	57,970	72,345	72,815	75,719	80,904	55,852	34,081
Sessions attended	36,233	36,907	43,724	52,650	45,653	55,376	44,146	48,989	64,925	45,586	27,665
Tusla clients	2,549	2,684	3,102	5,370	2,096	3,129	3,726	5,115	6,169	4,463	2,271
Tusla sessions	40,222	35,847	37,534	11,058	7,681	16,238	22,203	29,587	34,530	25,726	13,270
Under 18's	1,404	1,605	1,781	1,362	957	1,318	1,785	2,055	2,136	1,916	515
At Risk Clients	1,358	1,050	1,508	1,014	804	1,793	836	1,215	603	863	752
Child Protection	28	76	49	91	64	58	58	108	384	452	37
Waiting list (Days)	48	55	45	29	41	70	37	35	34	30	33
Total number of clients	5,480	5,903	6,886	7,163	6,990	8,639	9,868	11,047	12,124	9,316	5,272

Session attendance 2019–2024

Year	2024		2023		2022		2021		2020		2019	
Attended	36,233	76.61%	36,907	76.29%	37,858	68.13%	33,980	51.21%	29,999	51.75%	55,376	75.60%
Cancelled	4,252	8.99%	4,562	9.43%	6,589	11.86%	8,250	12.43%	8,239	14.21%	10,290	14.05%
Cancelled by Counsellor	1,145	2.42%	1,001	2.07%	1,395	2.51%	1,492	2.25%	989	1.71%	1,931	2.64%
Cancelled Late	1,034	2.19%	1,109	2.29%	1,041	1.87%	772	1.16%	573	0.99%	1,062	1.45%
DLP Consultation	1	0.00%	61	0.13%	54	0.10%	42	0.06%	66	0.11%	94	0.13%
Did not attend	2,487	5.26%	2,453	5.07%	2,720	4.89%	3,043	4.59%	2,413	4.16%	4,469	6.10%
GP Consultation	4	0.01%	4	0.01%	12	0.02%	12	0.02%	11	0.02%	17	0.02%
Phone Consultation	1,363	2.88%	1,314	2.72%	2,613	4.70%	7,347	11.07%	7,041	12.15%	-	0.00%
Remote Consultation	756	1.60%	950	1.96%	3,253	5.85%	11,323	17.07%	8,613	14.86%	-	0.00%
School Consultation	2	0.00%	1	0.00%	10	0.02%	17	0.03%		0.00%		0.00%
Social worker Consultation	16	0.03%	16	0.03%	25	0.04%	73	0.11%	26	0.04%	6	0.01%
Total Sessions	47,293		48,378		55,570		66,351		57,970			

Gender breakdown of clients 2019–2024

Year	2024	2024	2023	2023	2022	2022	2021	2021	2020	2020	2019	2019
Male	1865	34.03%	1,996	33.81%	2,200	31.95%	2,171	30.31%	2,240	32.05%	2,893	33.49%
Female	3582	65.36%	3,870	65.56%	4,643	67.43%	4,974	69.44%	4,740	67.81%	5,678	65.73%
Not Recorded by Agency	19	0.35%	30	0.51%	8	0.12%		0.00%		0.00%		0.00%
Not Disclosed	5	0.09%	1	0.02%	28	0.41%	7	0.10%	8	0.11%	66	0.76%
Non-binary	9	0.16%	6	0.10%	7	0.10%	11	0.15%	2	0.03%	2	0.02%
Total	5480		5,903		6,886		7,163		6,990		8,639	

Relationship status 2019–2024

Year	2024	2024	2023	2023	2022	2022	2021	2021	2020	2020	2019	2019
Relationship Status	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%
Married	884	16.13%	896	15.18%	1,202	17.46%	1236	17.18%	1343	19.21%	1798	20.68%
Children/Adolescents	731	13.34%	614	10.40%	364	5.29%	183	2.54%	0	0.00%	0	0.00%
In Relationship	544	9.93%	499	8.45%	706	10.25%	790	10.98%	806	11.53%	1080	12.42%
Widowed	121	2.21%	116	1.97%	125	1.82%	151	2.10%	169	2.42%	164	1.89%
Separated	295	5.38%	280	4.74%	352	5.11%	424	5.89%	474	6.78%	554	6.37%
Civil Partnership	1	0.02%	4	0.07%	5	0.07%	7	0.10%	11	0.16%	10	0.12%
Single	1,516	27.66%	1,694	28.70%	2,309	33.53%	2470	34.33%	2493	35.67%	2939	33.81%
Divorced	95	1.73%	113	1.91%	108	1.57%	120	1.67%	125	1.79%	129	1.48%
Not Recorded	1,195	21.81%	1,583	26.82%	1,608	23.35%	1697	23.59%	1441	20.62%	1858	21.37%
Cohabiting	98	1.79%	104	1.76%	107	1.55%	116	1.61%	128	1.83%	161	1.85%
Total Sessions	47,293		48,378		55,570		66,351		57,970			

Age Range 2019 – 2024

Year	2024	2024	2023	2023	2022	2022	2021	2021	2020	2020	2019	2019
≤ 6	229	4.18%	199	3.37%	159	2.31%	156	2.18%	141	2.02%	207	2.38%
7 – 12	506	9.23%	553	9.37%	596	8.66%	534	7.45%	411	5.88%	514	5.91%
13 – 18	836	15.26%	853	14.45%	1,026	14.90%	1,025	14.31%	872	12.47%	1,020	11.73%
19 – 20	152	2.77%	178	3.02%	228	3.31%	271	3.78%	245	3.51%	251	2.89%
21 – 25	383	6.99%	451	7.64%	583	8.47%	673	9.40%	607	8.68%	725	8.34%
26 – 30	446	8.14%	474	8.03%	571	8.29%	1,271	17.74%	1,295	18.53%	1,753	20.17%
31 – 35	414	7.55%	460	7.79%	609	8.84%		0.00%		0.00%		0.00%
36 – 50	1380	25.18%	1507	25.53%	1,855	26.94%	1,994	27.84%	2,148	30.73%	2,672	30.74%
51 – 65	827	15.09%	904	15.31%	956	13.88%	942	13.15%	991	14.18%	1,199	13.79%
66+	307	5.60%	324	5.49%	303	4.40%	297	4.15%	280	4.01%	352	4.05%
Total	5480		5903		6,886		7,163		6,990		8,693	

Employment status 2019–2024

Active (New and existing clients)	2024	2024	2023	2023	2022	2022	2021	2021	2020	2020	2019	2019
Employment Status	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%
Employed	1,184	21.61%	1,147	19.43%	1,424	20.68%	1,440	20.10%	1,448	20.72%	1,819	20.92%
Self Employed	129	2.35%	145	2.46%	144	2.09%	159	2.22%	138	1.97%	187	2.15%
Unemployed	463	8.45%	488	8.27%	649	9.42%	881	12.30%	945	13.52%	1,225	14.09%
Part-time Employment	264	4.82%	250	4.24%	375	5.45%	440	6.14%	464	6.64%	610	7.02%
Homeworker	178	3.25%	164	2.78%	261	3.79%	316	4.41%	295	4.22%	342	3.93%
Retired	269	4.91%	260	4.40%	246	3.57%	245	3.42%	211	3.02%	266	3.06%
Student	1,113	20.31%	1,194	20.23%	1,317	19.13%	1,348	18.82%	1,180	16.88%	1,363	15.68%
Disability	109	1.99%	134	2.27%	179	2.60%	157	2.19%	152	2.17%	159	1.83%
Not Recorded by Agency	1,771	32.32%	2,121	35.93%	2,291	33.27%	2,177	30.39%	2,157	30.86%	2,722	31.31%
Total	5,480		5,903		6,886		7,163		6,990		8,693	

Waiting times 2015–2024

Year	2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014
	Days	Days	Days	Days	Days	Days	Days	Days	Days	Days	Days
From Contact until Assessment	39	38	30	26	24	30	23	18	15	13	28
From Assessment to First Session	8	15	14	6	16	40	14	17	19	18	14
From Contact to First Session	48	55	45	29	41	70	37	35	34	30	33

Financial Statements 2024

Teiripe Pobail Éireann
Trading as Community Therapy Ireland
(A Company Limited by Guarantee
Having No Share Capital)

Directors' Report & Financial Statements

For The Year Ended 31st December 2024

Company Registration Number: 545085

Company Information

Directors	Maire Ni Dhomhnaill (resigned 08/03/2024)
	Joseph Enright (resigned 23/10/2024)
	Elizabeth McGuckin
	Una Holstead
	Desmond Bailey (appointed 07/08/2024)
Secretary	Una Holstead
Company number	545085
Charity (RCN) Number	20073619
Charity Tax (CHY) Number	18950
Registered office	77 Camden Street Lower, Dublin 2
Auditor	Cronin Financial Limited 1 Terenure Place, Terenure, Dublin 6w
Bankers	Bank of Ireland, Lower Baggot Street, Dublin 2
Solicitors	Byrne Wallace Shields LLP 88 Harcourt Street Saint Kevin's Dublin 2

Directors Responsibilities Statement

Year Ended 31st December 2024

The directors' are responsible for preparing the Directors report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with Companies Act 2014 and accounting standards issued by the Financial Reporting Council including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (Generally Accepted Accounting Practice in Ireland) as modified by the Statement of Recommended Practice "Accounting and Reporting by Charities" effective 1st January 2015. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgments and accounting estimates that are reasonable and prudent;
- State whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

On behalf of the board



Elizabeth McGuckin, Director

Date: 12/08/2025



Una Holstead, Director

Date: 12/08/2025

Income And Expenditure Account

Year Ended 31st December 2024

		Unrestricted Funds	Restricted Funds	2024	2023
	Note	€	€	€	€
Income from:					
Memberships	3	4,300	-	4,300	4,375
Government funding	3	-	129,468	129,468	161,289
Conference	3	1,749	-	1,749	-
Total income		6,049	129,468	135,517	165,664
Expenditure on:					
Other expenditure		-	(144,392)	(144,392)	(180,122)
Total expenditure		-	(144,392)	(144,392)	(180,122)
(Deficit) / surplus for the financial year		6,049	(14,924)	(8,875)	(14,458)
Total Comprehensive Income for the year		6,049	(14,924)	(8,875)	(14,458)


Balance Sheet

As at 31st December 2024

	Note	2024 €	€	2023 €	€
Fixed assets					
Tangible assets	11	465		932	
			465		932
Current assets					
Debtors	12	12,991		764	
Cash at bank and in hand		168,855		140,501	
		181,846		141,265	
Creditors: amount falling due within one year	13	(59,366)		(10,377)	
Net current assets			122,480		130,888
Total assets less current liabilities			122,945		131,820
Net assets			122,945		131,820
The funds of the charity					
Unrestricted funds			31,424		25,375
Restricted funds			91,521		106,445
Total charity funds			122,945		131,820

These financial statements were approved by the director of the company on 12/08/2025 and signed by:


Elizabeth McGuckin, Director


Una Holstead, Director

Detailed Income Statement

Year Ended 31st December 2024

	2024 €	2023 €
Income from		
Member subscriptions	4,300	4,375
TUSLA	127,390	158,700
Conference	1,749	-
WRC Agreement	2,078	2,589
	135,517	165,664
Gross profit	135,517	165,664
Overheads		
Administration costs	(144,392)	(180,122)
	(144,392)	(180,122)
Operating loss	(8,875)	(14,458)
Loss on ordinary activities before taxation	(8,875)	(14,458)

Detailed Income Statement contd.

Year Ended 31st December 2024

Notes

	2024	2023
	€	€
Overheads		
Administrative expenses		
Wages and salaries	82,745	86,932
Employer's PRSI contributions	8,888	8,412
Membership & staff training	14,831	3,486
Rent payable	-2,034	14,642
Insurance	1,062	1,749
Printing, postage and stationery	2,980	2,051
Advertising	4,150	17,092
Telephone	866	696
Computer costs	10,171	22,293
Travelling and subsistence	5,407	7,216
Legal and professional	797	1,105
Consultancy fees	4,593	3,000
Audit	8,303	8,621
Bank charges	155	135
Recruitment costs	295	180
General expenses	334	1,001
Subscriptions	382	450
Depreciation on Fixtures, fittings & equipment	467	1,061
	144,392	180,122

Notes

The Lighthouse

I was swept under the sea

Each wave challenging my strength

Pushing me under

I was close to drowning

My breath focused on survival

Until there was a glimpse of hope within the depths

There was a faint light in the distance

This light guided me to shore

From the deepest, darkest place with seaweed tangling me

Struggling to fight for oxygen

There were no rescue boats nor helicopters looking for me

Yet your light never switched off

As the light drew closer

The water became shallow

I could finally stand and feel the ground beneath me

You are my beacon

You were my life buoy for so long

But now it is time to be my own ...

CB 2022

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**Part of Community Therapy
Ireland's national membership**





Community Therapy Ireland

National Association of Counselling
and Psychotherapy Services

77 Camden Street Lower, Dublin 2, D02 XE80.

Community Therapy Ireland is a trading name
of Teiripe Pobail Éireann Company Limited by
Guarantee Registered in Dublin, Ireland.

Company Number: 545085

Registered Charity No: 20073619

CHY Number: 18950