

## **2019 Pre-budget Submission**

Irish Association for Counselling and Psychotherapy (IACP) has published its 2019 Pre-budget Submission. IACP, which is the largest Professional Body for Counselling and Psychotherapy in Ireland with over 4300 Members, was established in 1981, to identify, develop and maintain professional standards of excellence in counselling and psychotherapy.

IACP's Pre-budget Submission calls for the following:

1. Increased investment in talking therapies and specifically, IACP is seeking support for a feasibility study that would appraise an evidence-based National Health Service (NHS) counselling treatment for low to moderate depression, in an Irish healthcare setting
2. Expanding the existing supports which provide tax relief for medical expenses and a range of health-related benefits under the PRSI system to include Counselling and Psychotherapy
3. The same VAT Exemption for Counsellors and Psychotherapists as available for other allied health professionals

"Investing more money in treating mental health problems earlier would mean fewer people are likely to require more costly crisis care services. Untreated, mental health problems impose a significant cost on the health service, as symptoms escalate, and more costly treatments are required to address the consequences."

ENDS