

"I am very pleased to announce that I am co-hosting a conference with the [Irish Council for Psychotherapy](#) .

As a former mental health professional and psychotherapist, I understand the importance of a strong primary mental health policy.

My motivation in co-hosting this event was to give something back to my profession of psychotherapy through my role as politician, influenced by my experiences as a therapist; and I aim to do this by raising the need to provide greater public access to psychotherapy as a public health issue.

The conference will set out the reasons why people should have affordable and easy access to psychotherapy in their communities, and why our social and public health policies must support people struggling with emotional problems.

The European Commission has recently published the [Framework for Action on Mental Health and Wellbeing](#) and this event will be an opportunity to debate how the framework can be made into action in Ireland."

Nessa Childers MEP is a non-party member of the European Parliament representing Dublin and is also co-chair of the European Parliament Mental Health Interest Group. Prior to becoming a full time politician in 2009, Nessa worked in private practice as a psychotherapist for over twenty-five years.

Original post available from www.nessachilders.ie