

Growing Mental Health Crisis in Ireland Driving More People to Seek Private Treatment Abroad

Chronic underfunding, long waiting lists, and overstretched services leave many Irish families searching for alternatives.

CHIANG MAI, THAILAND, June 5, 2026 /EINPresswire.com/ -- Mounting pressure on Ireland's mental health system is prompting increasing numbers of individuals and families to explore private treatment options overseas, as concerns grow over delays in accessing timely care.

Recent findings from Social Justice Ireland highlighted what it described as the "chronic underfunding" of youth mental health services across Ireland. The organisation warned that demand for mental health support continues to outpace available resources, particularly for young people requiring early intervention and specialist care.



Secluded riverside treatment facility

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Treehouse provides the opportunity to step away from everyday pressures and focus fully on mental health recovery in a calm, supportive environment.”

Dr. Tony Tan

Mental health advocates and healthcare professionals have repeatedly raised concerns around lengthy waiting lists, staff shortages, and limited access to residential treatment programs throughout Ireland. Families often face significant delays when attempting to secure urgent support for conditions including depression, anxiety, trauma, addiction, burnout, and co-occurring mental health disorders.

As a result, many are now considering private international treatment centers that can provide immediate access to care in a confidential and therapeutic setting.

Among the options increasingly attracting attention from Irish clients is Treehouse Thailand, a [residential mental health treatment center](#) located in Chiang Mai, Thailand.

Treehouse Rehab Thailand offers a holistic and personalized approach to recovery, combining [evidence-based therapies](#) with wellness-focused programs in a peaceful and private setting. The center supports individuals dealing with addiction, anxiety, depression, stress-related disorders, trauma, and emotional exhaustion.

For many clients, privacy and rapid access to treatment are key factors in seeking support abroad.

“People are increasingly looking beyond Ireland because they simply cannot afford to wait months for meaningful intervention,” said a spokesperson for Treehouse Thailand.

The center provides tailored treatment plans that include psychotherapy, CBT, mindfulness, fitness programs, nutritional support, and one-to-one counselling. International clients are supported throughout the admissions process, with staff experienced in helping individuals travel from Ireland and the UK for residential care.

Mental health experts continue to stress the importance of early intervention and accessible treatment pathways. However, with Irish services under ongoing strain, private overseas care is becoming an increasingly viable option for those seeking immediate, comprehensive support.

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