



## Who we are and what we do

St Patrick's Mental Health Services is Ireland's largest independent not-for-profit mental health service provider. As set out in our five-year strategy Changing Minds. Changing Lives. 2018-2022, our vision is for a society where all citizens are empowered and given the opportunity to live mentally healthy lives.

We provide community and outpatient care through our Dean Clinics and day patient services through our Wellness & Recovery Centre. Inpatient care is provided on a multidisciplinary basis through our three approved centres in Dublin; St Patrick's University Hospital and Willow Grove Adolescent Unit, Dublin 8 and St Patrick's, Lucan.

We have developed a strong reputation for the provision of the highest quality mental healthcare. Our services are grounded in a human rights, recovery ethos, empowering service users to control and guide their own treatment and mental healthcare. We are recognised as a respected advocate for improved understanding of mental health issues at a national level, and for seeking to change stigma and misunderstanding of mental health and the treatment of mental health difficulties.



## Taking the first step

### Talk to your GP

Your GP will know and understand your physical and mental health history, so this is the first person we recommend you talk to. Together with your GP, you can decide on a course of action that best suits your needs.

### Support and information

Confide in a friend or family member, or contact our confidential Support and Information Service on 01 249 3333 or at [info@stpatsmail.com](mailto:info@stpatsmail.com). Our mental health nurses are on hand from 9am-5pm Monday to Friday to advise you of your best options and give you the assurance that you need, with an answering and call-back facility outside of hours.

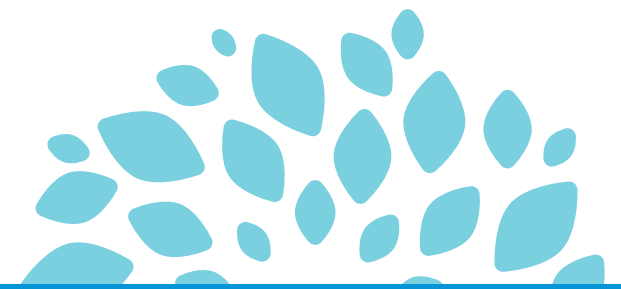
### Education and awareness

Get informed about your mental health. Walk in My Shoes is St Patrick's Mental Health Services' awareness and education campaign. It provides information and free downloadable resources to schools, colleges and communities throughout Ireland. Visit [walkinmyshoes.ie](http://walkinmyshoes.ie).

### Get help

If you decide that you could benefit from the help of a mental health service, your GP or our Support and Information team can signpost you to a service that will be relevant for your needs.

For further information visit [www.stpatricks.ie/singlestep](http://www.stpatricks.ie/singlestep). Follow us on Facebook, Twitter @StPatricks or on Instagram @stpatricksmentalhealthservices



A SINGLE STEP  
LEADS TO THE  
BIGGEST CHANGE.



## A single step leads to the biggest change

If you have concerns about your mental health, it can often feel overwhelming or isolating.

But the biggest change can come from just a single step.

St Patrick's Mental Health Services is committed to ensuring that those who experience mental health difficulties receive the best opportunity to take steps to recover and live fulfilled lives and that, right across the community, people are educated and empowered to live mentally healthy lives.

The road to recovery starts with a single step. Take it today.



## Do you need help?

You may be experiencing things you don't realise are symptoms:

- Sleeplessness
- Lack of concentration
- Feelings of overwhelming sadness
- Feeling worthless or guilty
- Being anxious or worried often
- Losing interest in things once enjoyed
- Not socialising / isolating oneself

If you've been experiencing the above symptoms for more than two weeks, we recommend that you take action.

Everyone is entitled to good mental health but deciding to address the difficulties you are experiencing can be hard. Please know that we are here to support you every step of the way.



## Your path to recovery

Together with your GP, you may decide that a referral to St Patrick's Mental Health Services is appropriate. If so, a referral made by your GP will be received by our Referral and Assessment Service and a member of the team will contact you.

### Step 1

If you are referred for inpatient admission, you may be admitted directly to hospital.

If you are referred for outpatient assessment, you will be offered a free-of-charge prompt assessment. This assessment is conducted via telephone or video call with a mental health nurse.

### Step 2

Following a review of your prompt assessment, our team will identify the best treatment plan for you based on your needs.

### Step 3

Your treatment plan may be as simple as identifying exercises, therapies or changes in habits and diet. Your plan may be designed to access St Patrick's Mental Health Services or it may recommend community based programmes or local support groups.