



St Patrick's at Home

St Patrick's Mental Health Services Group

Homecare service

**Quality mental health
assessment and
treatment delivered
remotely**



St Patrick's Mental Health Services

St Patrick's Mental Health Services is Ireland's largest independent, not-for-profit mental health service provider, providing inpatient and homecare services from sites at St Patrick's University Hospital, St Patrick's, Lucan and Willow Grove Adolescent Unit, as well as community and outpatient services through its nationwide Dean Clinic network.

What is St Patrick's at Home?

St Patrick's at Home (homecare) is a tailored mental healthcare service, offering assessment and treatment options remotely, accessed from your own home. This service involves the highest levels of one-to-one mental health support, delivered through daily or more frequent contact over video call, email or phone.



Who can avail of St Patrick’s at Home?

The homecare service is available to adults and adolescents from the age of 12, with presentations across a range of mental health issues.

These include, but are not limited to:

- Addictions and dual diagnosis
- Anxiety disorders
- Bipolar disorder
- Depression
- Eating disorders
- Psychosis
- Mental health difficulties in older adults.

What can I expect from this service?

The homecare service provides a level of care similar to that provided to an inpatient, however, all elements of this service, including assessment, can be delivered to you remotely via telecommunications. This does not include a physical assessment.

If you are availing of the homecare service, you will:

- Have an individual care plan
- Be placed under the care of a consultant psychiatrist and assigned to a specific multidisciplinary team (MDT)
- Be contacted by a member of your MDT at least once every day, by videocall where available and, where not, by phone
- Participate in a MDT meeting by video or phone at least once every week
- Have regular medication and prescription reviews, and supply of medication through community pharmacies
- Receive appropriate individual therapy sessions with members of your MDT, delivered by video call
- Be provided with ongoing psychotherapeutic interventions, delivered remotely
- Have support available 24 hours a day, seven days a week
- Receive remote access to therapeutic, social and recreational activities.

We liaise with local pharmacies to safely arrange supplies of medication that you may need as part of your support. The cost of this medication is covered by St Patrick's Mental Health Services.

Who is part of a multidisciplinary team (MDT)?

- Psychiatrist
- Registrar
- Psychiatric nurses
- Team liaison nurses
- Clinical psychologists
- Counselling psychologists
- Social workers
- Occupational therapists
- Pharmacists.

Other specialist therapists may also be involved in your care.

Therapeutic, social and recreational activities

While admitted to the homecare service, you will be actively encouraged to participate in general therapeutic activities and programmes. Each day an email with a programme of activities for the given day will be sent to you, inviting you to join the scheduled social and recreational activities.

Activities include:

- Pillars of Wellness programme
- Daily morning lecture (Mon - Fri)
- Weekly occupational therapy lecture
- Cognitive behavioural therapy lecture
- Social work lecture
- Recovery tools lecture
- Open dietetics
- Anti-tension relaxation
- Mindful yoga
- Yoga nidra
- Writing for wellbeing
- Art therapy

We also offer one-off activities that may be of benefit to, and enjoyable for you.



How do I access St Patrick's at Home?

Access to the homecare service is through a referral from your GP or healthcare provider. All referrals are assessed for suitability.

Is there technical support available?

Through the use of video call, phone or email, the homecare service delivers the care you need, using the best available and most appropriate technology. Our dedicated Service User IT Helpdesk can assist you if you need technical support or if you have any issues accessing your appointments through Microsoft Teams.

This helpdesk is available Monday - Friday, 9.00am to 5.00pm at 01 249 3629 or by email: suits@stpatricks.ie





Your Portal

St Patrick's Mental Health Services' online service user portal, 'Your Portal', enables you to record, share and view your own health-related information using your computer, smartphone or tablet.

'Your Portal' will provide you with the option to share your records with other healthcare providers or supporters such as a family member or GP.

For more information on 'Your Portal', please visit **stpatricks.ie/your-portal**



Frequently Asked Questions

1. How is suitability for St Patrick's at Home assessed?

SPMHS' homecare service are reviewed by a consultant psychiatrist and a team of experienced clinicians to assess suitability. Anyone accessing our services remotely is provided with guidance and instructions before their scheduled appointment or virtual admission.

2. Is homecare covered by health insurance providers?

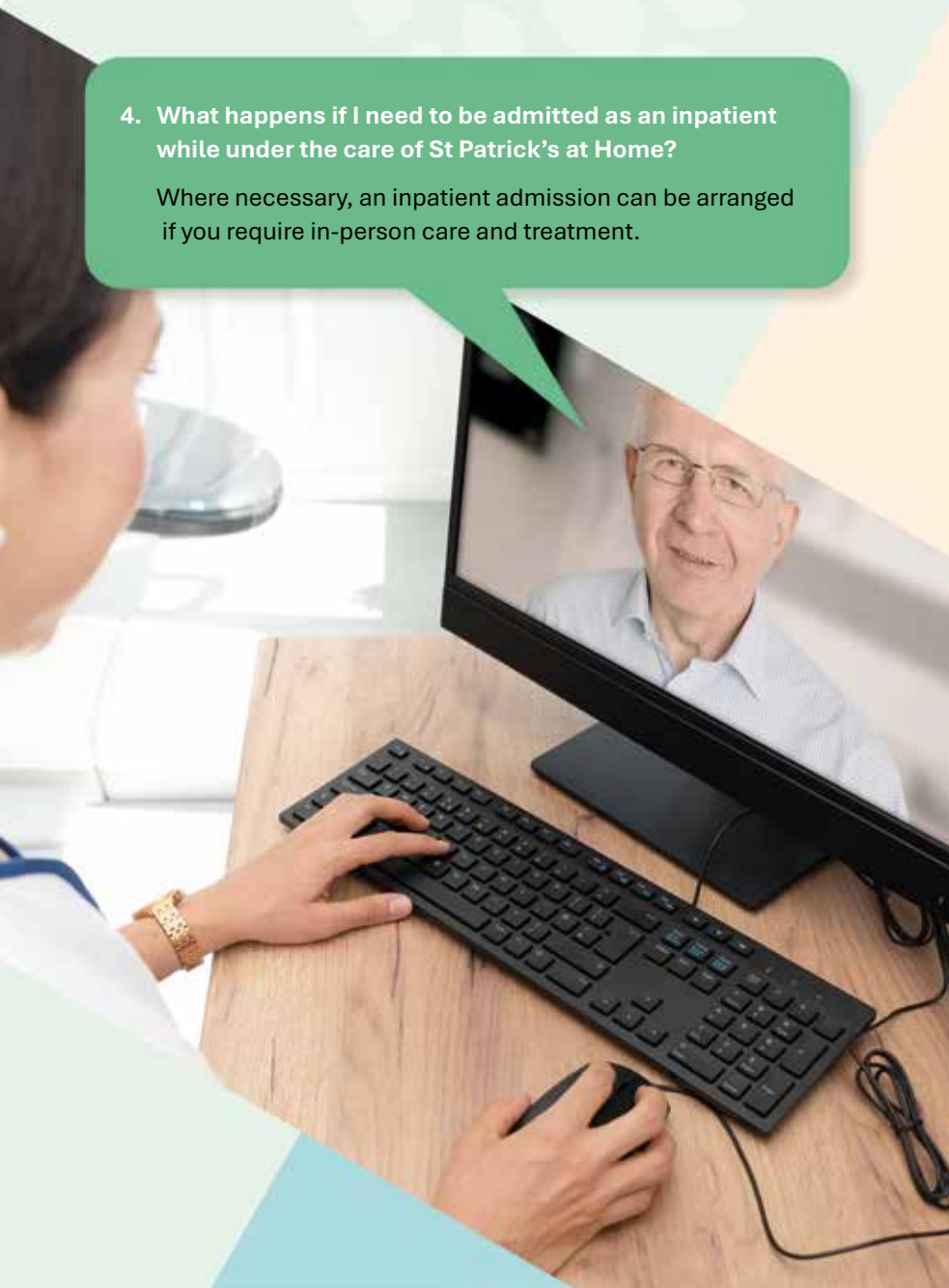
The Homecare service is covered by the main health insurers. You are advised to check with your insurer for confirmation of your plan cover.

3. Will I receive the same level of care as I would on-site?

St Patrick's at Home (homecare) is designed to provide an effective alternative service to inpatient in-person admissions for appropriately assessed service users. The assessment, care and treatment is comparable in many ways to that received by service users who attend in person. However, as with all mental healthcare interventions, successful recovery needs the full and active participation of the recipient of care.

4. What happens if I need to be admitted as an inpatient while under the care of St Patrick's at Home?

Where necessary, an inpatient admission can be arranged if you require in-person care and treatment.





Have a query? Get in touch 01 249 3000

St Patrick's
Mental Health Services



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St Patrick's
Mental Health Services

St Patrick's Mental Health Services

James' Street, Dublin 8, Ireland

t: +353 1 249 3200

stpatricks.ie

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