



Our services

Comprehensive mental healthcare
assessment and treatment at
St Patrick's Mental Health Services

■ Introduction



St Patrick's Mental Health Services (SPMHS) is Ireland's largest independent mental health service, providing inpatient care, Homecare, outpatient care and day patient services.

At SPMHS, we provide inpatient and Homecare services through our three Mental Health Commission-approved centres; St Patrick's University Hospital, St Patrick's Hospital, Lucan and Willow Grove Adolescent Unit, as well as outpatient care through our nationwide Dean Clinic network, and a comprehensive range of day programmes.

Our services cater to adolescents and adults with moderate to severe mental health difficulties, including complex and enduring mental illness.

This leaflet provides an overview of our services, as well as information on referral processes for your patients.

Inpatient care for adults

We provide inpatient care to adults in St Patrick's University Hospital, Dublin 8 and St Patrick's Hospital, Lucan.

We specialise in:

- Anxiety disorders
- Bipolar disorder
- Depression
- Eating disorders
- Psychosis and schizophrenia
- Addiction and dual diagnosis
- Young adult mental health
- Older adult mental health.



Treatment and care are provided by multidisciplinary teams (MDTs) consisting of psychiatrists, registrars, ward-based nurses, occupational therapists, social workers, psychologists, pharmacologists and cognitive behavioural therapists. Accommodation is mainly in ensuite single rooms.

[See more on our adult inpatient services here.](#)

Inpatient care for adolescents

Willow Grove Adolescent Unit is a 14-bed adolescent unit, situated at the St Patrick's University Hospital campus in Dublin 8.

Willow Grove Adolescent Unit aims to provide high-quality care and a nurturing environment for young people on the journey to mental health recovery. The multidisciplinary team or MDT at Willow Grove works to help young people and their families to develop skills and build on strengths which enable them to manage their feelings, behaviours and thoughts in a healthier way.



Willow Grove Adolescent Unit

Through our adolescent inpatient service, we treat a range of moderate to severe mental health difficulties, including complex and enduring mental illness. Willow Grove Adolescent Unit offers assessment and intervention to young people experiencing:

- Anxiety
- Depression
- Eating disorders
- Panic disorder
- Obsessive compulsive disorder
- Self-harming behaviour
- Bipolar disorder
- Attention deficit hyperactivity disorder when co-occurring with mental health difficulties

Learn more about Willow Grove [here](#).

■ Homecare service

The Homecare service is a tailored mental healthcare service that offers comprehensive assessment and treatment options to both adolescents and adults in their own homes. This service involves the highest levels of one-to-one mental health support delivered through daily or more frequent contact over video call, phone or email (adult service only).



Homecare service

The Homecare service is designed to support mental health recovery, while also enabling the individual to remain in familiar surroundings, without having to travel to hospital or being apart from loved ones. Through Homecare, service users can expect to:

- Have access to 24-hour support
- Work with a range of mental health professionals
- Receive daily contact from members of their multidisciplinary team
- Develop and progress their individual care plans with their multidisciplinary team
- Engage in individual therapy sessions
- Have access to ongoing psychotherapeutic interventions
- Have the opportunity to meet others who are experiencing mental health difficulties to learn from and support each other (adult Homecare service)
- Have remote access to a range of therapeutic, recreational and social activities (adult Homecare service).

Technical support for Homecare is provided via a dedicated Service User IT Support service.



Adult Homecare service

All referrals for Homecare are reviewed by a consultant psychiatrist and a team of experienced clinicians to assess suitability. Service users in the adult service are fully informed of their options in advance and are given the opportunity to discuss them in detail with the team at SPMHS. The adolescent referrals team will contact a parent/guardian of adolescent service users once a referral is received to discuss the Homecare service, if Homecare is suited to the adolescent's needs.



Anyone accessing services remotely is provided with guidance and instructions before their scheduled appointment or admission.

See more on Homecare [here](#).

Day programmes

SPMHS provides a range of programmes to support people in their mental health recovery. Our programmes respond to a diverse range of mental health difficulties. Some programmes relate to a specific mental health diagnosis, while others focus on growing the tools and coping strategies to put in place when experiencing mental health difficulties.

Programmes vary in length from one week to 22 weeks. They run through group sessions, with each session taking place over either a half day or full day online or in person.



There are a number of day programmes provided by SPMHS to which GPs can directly refer. Patients do not need to be under the care of a SPMHS' consultant to be referred to these programmes; however, as the referrer, you would retain clinical responsibility for your patient. If you are referring a patient to a day programme, your patient must have a diagnosis or history of a mental health difficulty.

You can see details on day programmes accepting GP referrals [here](#). These programmes to which you as a GP or healthcare professional can directly refer include:

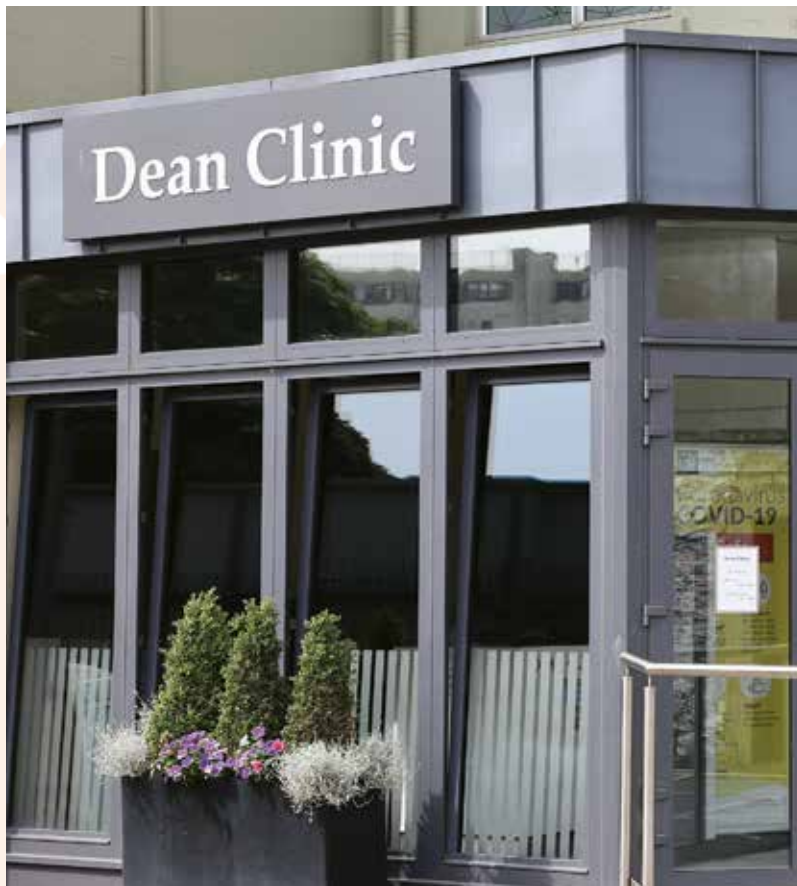
- Acceptance and Commitment Therapy (ACT)
- Bipolar Recovery
- Building Healthy Self-Esteem
- Compassion-focused Therapy for Eating Disorders (CFT-E)
- Compassion-focused Therapy for Older Adults (CFT-OA)
- Compassion-focused Therapy for Psychosis (CFT-P)
- Depression Recovery Programme
- Eating Disorders Day Care Programme
- Eating Disorders Day Care Programme: Binge Eating Stream
- Eating Disorders Treatment Information Programme
- Focused Acceptance and Commitment Therapy (FACT)
- Living Well with Mild Cognitive Impairment
- Psychology Skills Group for Adolescents (PSGA)
- Recovery Programme incorporating WRAP®
- SAGE.

In addition to these programmes accepting direct GP referrals, a number of additional programmes are available specifically to those already receiving inpatient care, Homecare or outpatient care with SPMHS.

[See our full list of programmes here.](#)

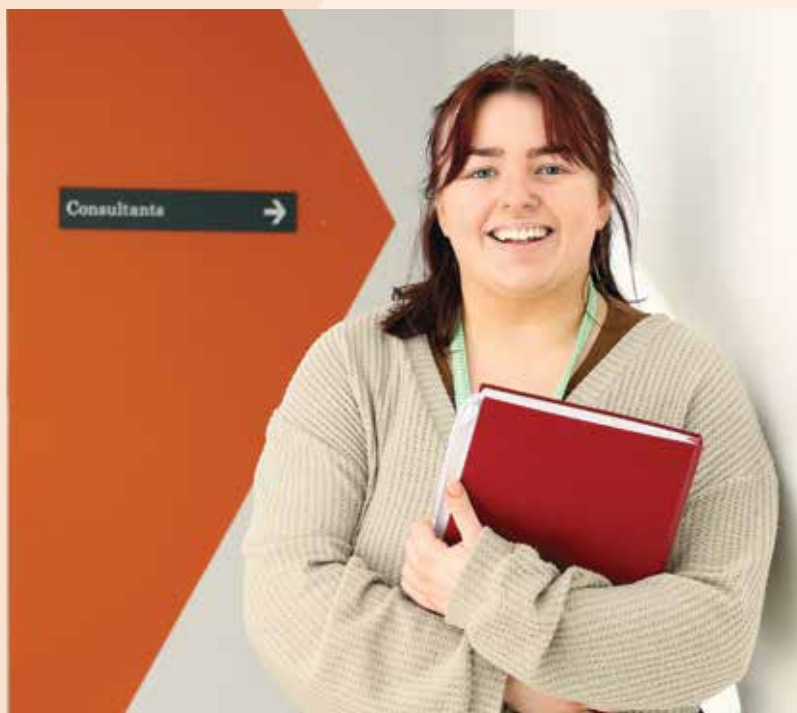
■ Outpatient care

The Dean Clinics are our outpatient mental health clinics. The Dean Clinics offer mental health assessment, outpatient appointments and follow-up care after an inpatient or Homecare admission. Our Dean Clinics provide care for both adult and adolescent service users.



Dean Clinic, St Patrick's University Hospital

Dean Clinics providing services to adults are located in Cork, Dublin (Dublin 8 and Lucan), and Galway, with associate clinics situated in Cork, Kilkenny and Kildare. Dean Clinics providing services to adolescents (aged 12 to 17) are located in Dublin 8 and Cork.



Through our outpatient clinics, we cater to a wide range of mental health difficulties, including:

- Depression
- Bipolar disorder
- Anxiety
- Obsessive compulsive disorder
- Stress-related disorders
- Eating disorders
- Dual diagnosis (addiction and a mental health difficulty)
- Addiction and substance abuse
- Psychosis.

Appointments for the Dean Clinics are offered remotely and in person.

Learn more about the Dean Clinics [here](#).

■ Referrals

We have a number of referral pathways for our mental health services and treatment programmes.



1. eReferrals

eReferrals can be sent electronically through Healthlink or your GP Practice Management System, such as Socrates or HealthOne. To submit an eReferral:

- Log into the relevant system
- Select "St Patrick's Mental Health Services" from the private hospital list
- Choose "Psychiatric Referral Service" from the list of departments.

On receiving a referral, our Referral and Assessment Service or Adolescent Referral Service will either contact your patient directly, or parents/guardians for an adolescent referral, or get in touch with you to discuss the referral in advance.

2. Referral forms

We provide referral forms for our services. You can download our adult referral form [here](#), while the adolescent referral form is available [here](#). Please ensure to complete the form in full before submitting it.

You can send completed referral forms to our Referral and Assessment Service by Healthmail, the secure clinical email system from the Health Service Executive (HSE).

To submit a form through Healthmail, please email it to referrals@stpatricks.ie.

Our Referral and Assessment Service will either contact your patient directly or get in touch with you to discuss the referral in advance.

For further enquiries, you can contact the Referral and Assessment Service on 01 249 3635.

Find out more about our referral pathways [here](#).

Frequently asked questions (FAQs) about our services and referrals

1. What are the typical waiting times for patients?

Waiting times for our services vary depending on which service it is that your patient requires. When a referral is received, it is triaged by our Referral and Assessment Service and reviewed by a Consultant Psychiatrist who will make a decision on the most appropriate service, if one is available.

2. What are the costs of treatment at SPMHS?

We are an independent, not-for-profit mental health service. Our services are funded through health insurance or directly funded by the patient. SPMHS is not in receipt of Government funding. In some instances, the HSE will cover the cost of treatment at SPMHS.

If the patient has health insurance, we advise them to contact their insurance provider with their policy number to clarify cover. Before, or at the time of admission, we verify insurance details and cover with the insurance provider.

Our service users can also self-fund care. However, in some circumstances, self-funding care or treatment can have a high financial cost.

We have more information available on our website about insurance cover for SPMHS referrals and relating to the costs of self-funding care and treatment in SPMHS. You can see our funding information [here](#).

3. Who maintains clinical responsibility for the service user?

While a service user is attending a day programme or receiving outpatient care from a Dean Clinic, their referring GP maintains clinical responsibility. If a service user is admitted as an inpatient or under Homecare, the Consultant Psychiatrist in SPMHS maintains clinical responsibility.

4. Can GPs refer a patient directly to a particular service?

We have separate referral forms for our adolescent service and our adult service. When a GP refers a patient using these forms or online via their practice management system, the referral is received into our centralised Referral and Assessment Service. Upon receipt of a referral from a GP, our Referral and Assessment Service will triage the referral and determine the service best suited to the patient's need. Please note, a suitable service may not always be available, and in some instances, the patient may be signposted to other supports. The Referral and Assessment Service will follow up with the GP or directly with the patient upon triage.

GPs can include information about which service they think would be suitable for their patient; however, the most appropriate service is identified by our Referral and Assessment Service.

5. Is SPMHS affiliated with the Health Service Executive (HSE)?

We are an independent, not-for-profit service provider. We are not part of the HSE and are not in receipt of government funding. While we accept referrals from appropriate clinicians and services within the HSE, we remain independent of them.

CPD opportunities for GPs from SPMHS

Sign up to our GP Newsletter for information about CPD-recognised GP events and more.

Subscribing to our eNewsletter for GPs will ensure that you are up to date with the latest information on mental health, our CPD-recognised GP education sessions, research progress, and developments within St Patrick's Mental Health Services.

Visit stpatricks.ie/subscribe to sign-up to the newsletter.

We know you are busy, so we only send you specifically selected articles or updates to help you manage mental health presentation in your practice, upcoming events and CPD opportunities.

Please be advised, that this eNewsletter cannot be delivered to @healthmail email addresses. Please provide an alternative email address in order to complete your subscription.

stpatricks.ie

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