



**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 homecare and inpatient 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.

## St Patrick's at Home

St Patrick's at Home (homecare) is a tailored mental healthcare service, offering the highest quality assessment and treatment, delivered to service users remotely as an alternative to admission to an inpatient facility. An adolescent homecare service is provided separately through our Willow Grove Adolescent Unit for those aged 12 to 17.



# What does St Patrick's at Home offer?

St Patrick's at Home (homecare) provides a level of care similar to that provided to an inpatient, however, all elements of this service, including assessment, can be delivered to service users remotely via telecommunications. This does not include a physical assessment.

Service users availing of this programme are placed under the care of a consultant psychiatrist and a specific multidisciplinary team (MDT), and will receive;

- An individual care plan
- Daily, or more frequent contact from a member of their MDT by video call or by phone
- Regular medication reviews (if relevant) and delivery of prescriptions to local pharmacies (the cost of medication is covered by St Patrick's Mental Health Services)
- Appropriate individual therapy sessions
- Ongoing psychotherapeutic interventions
- 24 hours per day, seven days per week support
- Remote access to a range of therapeutic, recreational and social activities.

## 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 special therapists may also be involved in a service user's care.

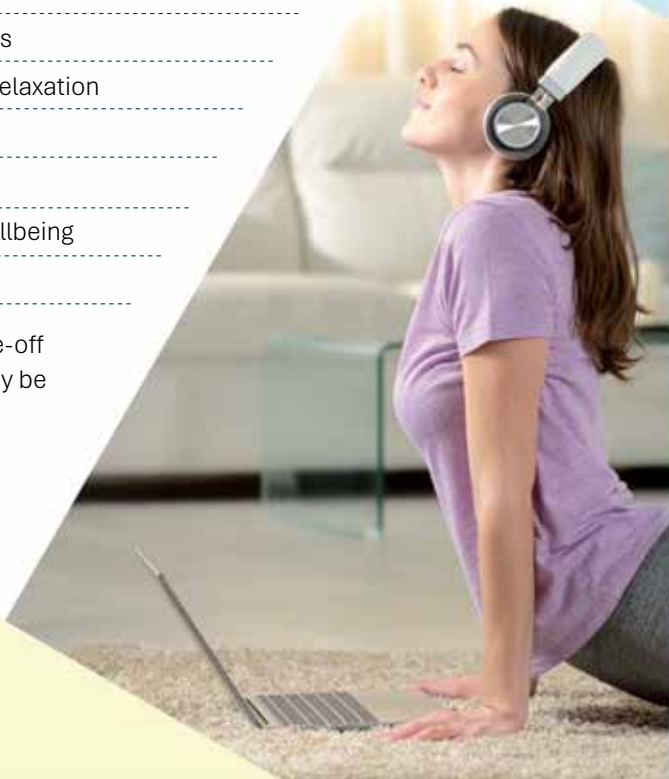
## Therapeutic, social and recreational activities

Service users receiving homecare are actively encouraged to participate in general therapeutic activities and programmes. Each day an email with a programme of activities for the given day is emailed to service users inviting them to join scheduled social and recreational activities.

Activities include:

- Pillars of Wellness programme
- Daily morning lecture (Mon - Fri)
- Weekly occupational therapy lecture
- Social work lecture
- Cognitive behavioural therapy 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, service users.



## Referrals to St Patrick's at Home

GPs can send eReferrals electronically via Healthlink or their GP Practice IT Management System (such as Socrates or HealthOne). This is a secure and fast way to send referrals, with a copy of the referral automatically saved into a patient's records on the GP Practice Management System.

To download a referral form or to access a step-by-step guide to referring electronically to St Patrick's Mental Health Services, please visit [stpatricks.ie](http://stpatricks.ie).

To contact our Referral and Assessment team, please call **01 249 3635**.





## Technical Support

Our homecare service is provided via the best available and most appropriate technology including video call, phone and/or email to deliver care and treatment.

A dedicated Service User IT Helpdesk can assist service users if they need technical support or if have any issues accessing their appointments through Microsoft Teams.

This helpdesk is available Monday - Friday, 9.00am - 5.00pm on **01 249 3629** or via email on **[suits@stpatricks.ie](mailto:suits@stpatricks.ie)**



## Your Portal

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

'Your Portal' provides service users on Homecare the option to share their records with other healthcare providers or supporters such as family members or their GP.

For more information on 'Your Portal', please visit [stpatricks.ie/your-portal](http://stpatricks.ie/your-portal)



## Frequently Asked Questions

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

All referrals for 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. Service users are advised to check with their insurer to confirm their plan cover.

### **3. Do service users receive the same level of care as they 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 if a service user needs to be admitted as an inpatient while under the care of St Patrick's at Home?**

Where necessary, an in-person, inpatient admission will be arranged if a person's state of health requires in-person care and treatment.

**5. What diagnosis-specific programmes are available?**

A number of day programmes are available specific to diagnoses such as addiction, anxiety disorders, bipolar, depression, eating disorders and psychosis. There are also day programmes which are catered specifically to young adults and older adults, as well as individual therapies such as CBT. Once referred to a member of the MDT team, the programme clinical staff will assess a service user's suitability for day programme options.





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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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