

Support

Mayo Mental Health Association

Tel: 094 903 8148 Email: admin@mayomha.ie

Mayo University Hospital A&E

Tel: 094 902 1733

MindSpace Young people aged 12-25

Tel: 094 906 7001 Email: info@MindSpacemayo.ie

Text 50808 – Free text “Hello” to 50808

24hr service text50808.ie

Pieta House: 1800 247 247

The Samaritans: Free Phone: 116 123

24 hr support Samaritans.org

Childline: Free Phone: 1800 666 666, Free Text: 50101,

Live Message childline.ie, 24 Hr support

Mayo Recovery College:

Tel: 086 029 4901 Email: recovery.educatormrc@hse.ie

Bealach Nua

Tel: 086 045 0835 / 087 974 9288

Castlebar Office:

Mayo Mental Health Association,
2 New Antrim Street,
Castlebar, Co Mayo,
F23 KN20

Office Hours:

Mon - Thurs 10 - 4pm,
Fri 10 - 3pm

Tel: 094 903 8148

Ballina Office:

Mayo Mental Health Association,
Bohernasup,
Ballina, Co. Mayo,
F26 Y4E0

Office Hours:

Mon - Wed 9.30 - 4pm

Tel: 096 71492



MAYO

Mental Health Association



Accessing Mental Health Services

**FOLLOW
US!**

mayomha.ie



Charity No: CHY7866

How Do I Get Help For My Mental Health?

Some signs you might need help with your Mental Health

Trouble getting to sleep

Waking up a number of times in the night

Sleeplessness

Sleep issues:

Feeling worried or anxious often.

Feeling very / overwhelmingly sad.

Feeling worthless.

Not taking care of yourself – poor personal hygiene, change in diet.

Loss of interest in things you would usually enjoy.

Isolating yourself from friends/family.

Trouble concentrating.

If you are feeling not yourself, feeling down or just generally not in a good place, there are lots of supports and services that can help you.

If you are over the age of 18, you do not need the consent of a parent or guardian to access any services.

If you feel you are suffering from poor mental health, confide in a friend or family member, or contact our confidential Information Centre on [094 903 8148](tel:0949038148).

1. Contact your GP:



Your GP is the first person you would reach out to in relation to any health concern.

Your GP knows you, and your history. They have access to all medical records easily.

They are often a friendly face in a time of unrest. Stepping into your doctor's office may be the only support you need, or you may be referred into another support or service.

2. What if my GP is unavailable?

If your GP is unavailable, there are two common options for support:

Option 1: Out of Hours Doctors - WestDoc



Phone [1850 365 000](tel:1850365000) or [091 747 710](tel:091747710)

Your call will be answered by a call handler who will ask - your name, contact number, address, and what you are calling in relation to.

You will then be called back by a nurse.

The nurse will ask several questions around why you are calling in order to triage you and either:

Make an appointment for you to see the doctor on duty.

Direct you to the emergency department, arranging an ambulance, if necessary.

Option 2: Emergency Department



If you feel you require urgent help with your Mental Health, we advise you to attend your nearest hospital.

On arriving to the emergency department, you check in at reception- giving your name, PPSN, and address.

You are then called into a triage nurse, who will ask you about your symptoms.

A doctor will then see you and assess you for all illnesses that may be present.

You will be assessed by a doctor or psychiatrist.

Your doctor will decide if whether you will need to be admitted to hospital or referred to a community mental health team for support.

What do I say?

Talk about how you are feeling, your routines, new experiences.

Are there any changes in your: sleep, diet, feelings?

Your Doctor might also ask if you are feeling suicidal or self-harming - your GP is just trying to gather as much information as possible around what is going on for you.

You might be asked about the support you have in your life - this could be from family, friends, or a partner.

Community Mental Health Teams

Community Mental Health Team is a team from different health and social care professions. This team works in the community to help you recover from or cope with mental health problems.

The HSE Mental Health Services team in County Mayo includes:

Consultant Psychiatrist



A doctor who specializes in mental health, addiction, and emotional disorders. Referrals can be arranged as an outpatient by your GP.

In some circumstances an emergency appointment can be made through the emergency department in a hospital.

A consultant psychiatrist will assess your symptoms and talk with you about your mental health problems.

Psychiatrists give direction on your treatment as required.

Junior Doctors



Qualified doctors who are in clinical training.

Clinical Psychologist



Mental Health Professional who specialises in the diagnosis and treatment of mental, behavioural, and emotional illnesses.

Involved in assessments and counselling therapy.

Can provide family therapy.

Uses different approaches to help treat symptoms of mental illness e.g., Cognitive Behavioural Therapy approach for phobias.

Referral is through a GP or psychiatrist, self-referral is also possible.

Community Mental Health

Nursing Staff



Nurses based in the community, often visit you in your own home, or are based in primary care centres.

They can help you talk through problems, give practical advice and support.

Nursing activities vary depended dependant on your individual needs.

Psychologists



Mental Health Professionals who are trained in the study of human behaviour and experience.

They support you with emotions and behaviour, taking into account how different situations can affect you.

Do *not* prescribe medication.

Counselling Psychologist



Often work privately offering help for a wide range of situations: Relationships, Anxiety, and Poor Self-Esteem.

Not all counsellors are psychologists.

What is counselling?

Counselling aims to enable people to take control of their own lives.

Many counsellors specialise in issues such as addiction or bereavement.

There are many forms of counselling available, for a wide range of problems.

This service is for people with mild or moderate psychological and emotional difficulties.

Counsellors emphasise non-judgemental approaches, attentive listening, and respect.

Counselling gives you a safe space to understand yourself and your concerns with view of making sense of your difficulties.

“YOUR MENTAL HEALTH BELONGS TO YOU. MIND IT, SHARE IT , AND ABOVE ALL DON’T HIDE IT! ”

Addiction Counsellors



Counsellors who work with people who have identified issues with drugs, alcohol, or gambling addictions

Occupational Therapists



Aims to enable the person to have an independent and productive life.

Work with people whose ability to cope with everyday activities is threatened by physical, mental, or developmental problems.

Support anyone who has practical difficulties.

Psychotherapist



Use talk therapy to help you cope with emotional problems and mental illnesses.

Focuses on understanding oneself rather than the relief of symptoms.

Psychotherapists are professionals with a post-graduate qualification which includes undertaking therapy themselves.

Social Worker



Work with you, your family, or carers to help you lead a fulfilling and independent life.

Can assist you with accommodation, rehabilitation, social and community skills.

Advocate on behalf of you, to access services.

In Mayo, there are five sector teams, each serving a population of approximately 20,000 people.

Providing locally based community services through a network of Outpatient Clinics, Day Centres, Day Hospitals and Treatment Centres.

Admission to a Mental Health Unit

If you are experiencing poor mental health or feel as though you are in a crisis, staying in hospital may be best way to keep you safe and ensure you get the level of care you need.



How can I access Mental Health Support?

You can be referred to do an assessment in a hospital by your GP

or

by presenting to A&E.

What
should I
expect?



You will meet with a mental health nurse who will complete a nursing admission and explain the ward routines.

You will have an assessment of your overall health - including a physical check up to ensure all illnesses / injuries are being addressed.

Your Nurse will be able to offer you:

specialist information,

answer your questions and

follow your progress right through to the time when you are discharged.

Nurses will be available to you at the most critical time of your treatment, helping you to recover at your own pace.

What
should I
bring?



A supportive friend or family member.

Pyjamas, dressing gown, slippers, toiletries etc.

These will be seen by the key nurse on admission to make sure that there are no items that could pose a risk to you or anyone on the unit.

You will be given opportunities to talk about your views on your treatment.

Concerns can be discussed with your key nurse.

What kind of inpatient services are there?

Inpatient services are medical and nursing care which is provided in a mental health facility - usually a hospital.

Acute Admission Ward / Day Ward

Patients are cared for on admission for treatment and assessment of presenting problems. After treatment, majority are discharged for follow up care in an out-patient setting. Some patients may

be transferred to a continuing care ward, rehabilitation ward or a care of the elderly ward.

Continuing Care Ward

Inpatient facility providing care for patients who have long-term enduring mental illness.

Rehabilitation Ward

Inpatient facility where the emphasis of care is on re-skilling patients with everyday living skills. Assists patients to improve their quality of life and regain independence to enable them to return to their homes.

Care of the elderly unit

A specialised unit for the treatment of patients over 60. The environment is designed to meet the needs of the elderly.

Being Discharged from hospital:

Before being discharged your doctor will discuss with you and your support network / family as appropriate.

You may be offered appointments to come into the hospital as an outpatient to meet with your mental health doctor.

It will be advised for you to link in with your GP.

In some cases Supported housing may be considered.