Mayo Mental Health
DIRECTORY OF SERVICE
Mayo Mental Health Services
DIRECTORY OF SERVICE

index

- Introduction .......................................................... 3
- Mission Statement .................................................. 3
- Quality & Standards ............................................... 4
- Clinical Governance ............................................... 5

Mental Health Services

- Psychiatry of Old Age (Community) ......................... 6
- Psychiatry of Old Age (St. Anne’s Unit) ....................... 6
- Liaison Service ....................................................... 6
- Recovery HQ .......................................................... 6
- Ballinrobe Community Mental Health Centre ............... 6
- Adult Mental Health Unit, Mayo General Hospital ........ 7
- The Willows, Swinford ............................................ 7
- Castlebar Rural Training Centre ............................... 7
- Castlebar Training Centre ....................................... 8
- Belmullet Community Mental Health Centre ............... 8
- Ballina Community Mental Health Headquarters .......... 9
- Ballina Training Centre ............................................ 9
- An Coillín, Castlebar .............................................. 9
- Westport Community Mental Health Centre ............... 9
- Swinford Treatment Centre .................................... 10
- Achill/Mulranny/Crossmolina .................................. 10
- Child & Adolescent Psychiatry Services (CAMHS) ....... 10
- Teach Aisling .......................................................... 10
- Springdale HQ, Claremorris ..................................... 11
- Claremorris Community Mental Health Centre ............ 11
- St. Michael’s Community Mental Health Headquarters .... 11
- Enduring Mental Illness .......................................... 11

Multidisciplinary Services

- Occupational Therapy Services .............................. 12
- Psychology Services .............................................. 12
- Social Work Services ............................................. 12
- Art Programme ..................................................... 12
- Risk Management ................................................ 13
- Nurse Practice Development .................................. 13
- Medical Services .................................................. 13
- Occupational Health Department ............................ 13
- Nursing ............................................................... 14

Partnerships with Voluntary Organisations

- Mayo Mental Health Association ............................. 15
- Dolmen Clubhouse Limited ..................................... 15
- Cairde Clubhouse Limited ....................................... 15

Innovation in Mayo

- Genio Projects ...................................................... 16

Service User Focus

- Advocacy Services ............................................... 17
- Freedom of Information .......................................... 17
- Complaints - Your Service Your Say .......................... 17
- Numbers When You Need Them .............................. 18
- Details and Location of Existing Services ................. 19
Introduction

Mayo Mental Health Services is a Community based service. Each Community Mental Health Team has one lead Consultant Psychiatrist and Community Mental Health team. In addition a Consultant Psychiatrist leads Psychiatry of Old Age, Rehabilitation and Recovery service and a Consultant Psychiatrist also leads Mental Health with Intellectual Disability.

The Mayo Mental Health Service staff is comprised of:

- Non Consultant Hospital Doctors
- Consultant Psychiatrists
- Psychiatric Nurses
- Occupational Therapists,
- Social Workers
- Clinical Psychologists
- Cognitive Behaviour Therapists
- Addiction Counsellors
- Occupational Health Staff
- Social Support Teams
- Nurse Practice Development Co-ordinator
- Clinical Placement Co-ordinators
- Risk Manager
- Workshop Managers
- Maintenance
- Occupational & Vocational Guidance Advisor
- Administrative and Support Staff

Referral to mental health services:

The service provides a secondary specialist service to people who have mental health needs in County Mayo. Service users gain access to our services through their General Practitioners. Service users can also self refer to the Adult Mental Health Unit at Mayo General Hospital.

mission statement

The mission of the Mayo Mental Health Service is to provide the highest attainable quality of Mental Health Care to the people of Mayo.

This will be achieved through:

- The development of an appropriate high quality community-based Service as an alternative to the traditional institutional care for the mentally ill.
- The allocation of existing annual resources on the basis of established needs.
- The integration of existing services with other Health and Local Authority Agents in the County.
- The provision of structured training and education programmes for staff at all levels.
- The promotion of Mental Health through education.
The implementation of the Quality Framework (Mental Health Commission 2007) is a critical success factor that is adhered to in Mayo to transform and provide a modern mental health service as described in the national mental health policy entitled A Vision for Change (Department of Health and Children, 2006).

The ethos of Mayo Mental Health Service is to deliver optimal care in a partnership process with service users. Mayo Mental Health Service philosophy of care is to facilitate a person’s progress towards hope and recovery in their Mental Health through empathic understanding, listening and respect. Our teams believe in maximizing a person’s strengths, qualities, talents and skills as well as providing support to family and carers. We comply with all statutory and regulatory bodies.
Clinical Governance

Clinical governance is the system through which we are accountable for the quality, safety and satisfaction of both our clients and staff. This is achieved through the provision of efficient and effective leadership and management structures.

The overall responsibility for the management of the Mayo Mental Health Service is the remit of the Area Management Team (AMT). This management group meets monthly. The membership is:

- Dr Ursula Skerritt, Executive Clinical Director (Chair)
- Mr PJ Rainey, Area Director of Mental Health Nursing
- Ms Catherine Walshe, Principal Social Worker
- Dr Meena O Neill, Principal Psychologist
- Mr Clem Mc Loughlin, Occupational Therapy Manager
- Ms Breda Garvey-Cecchetti, Principal Speech & Language Therapist
- Mr Michael Tobin, General Manager
- Ms Mary McNulty, Staff Officer & Secretary to the Group

The AMT is supported by other committees such as risk management, infection prevention and control, policies, health and safety, drugs and therapeutics and emergency planning.

Mayo Mental Health Service promotes a culture of high standards supported by continuous professional development of all its staff. This is combined with regular audit and evaluation of all its practices to promote continuous quality improvement in an open environment built on trust.

The guiding principles for our working are the 8 standards of Safer Better Healthcare. The Standards describe a vision for high quality, safe healthcare and provide a framework for services to organise, manage and deliver safe and sustainable healthcare consistently. This ensures our patients are placed at the centre in the delivery of care that is safe, effective and promotes better health.
PSYCHIATRY OF OLD AGE (Community)
Old Age Psychiatry which is based at the Sacred Heart Hospital is a recognised speciality which is concerned with the assessment and treatment of mental disorders arising for the first time over the age of 65-years. The service is community orientated, assessing, diagnosing and treating people in their own homes, which is also the patient’s preference. The service includes clinical nurse specialists who are part of the Multi Disciplinary Team together with an occupational therapist, a social worker and a psychologist.

Contact 094 9028464. Monday to Friday 9.00am to 5.00pm.

PSYCHIATRY OF OLD AGE (St. Anne’s Unit)
St. Anne’s Unit in the Sacred Heart Hospital is a residential unit which caters for people with challenging behaviour associated with dementia. In this unit assessment, interim care, continuing care and limited respite care is provided for people. This service has access to beds in the Adult Mental Health for people with severe illness.

Contact 094 9026337/ 9051741.

LIAISON SERVICE
The Mental Health Liaison Nursing (MHLN) Service provides mental health assessment and intervention for patients presenting to the Emergency Department, Mayo General Hospital. This Service is also provided to patients who are admitted to Mayo General Hospital for non-mental health conditions, and who may benefit from care provided by Mental Health Staff.

Contact 094 9042606. Monday to Friday 8.00am to 4.00pm.

RECOVERY HQ
This is a community based 24 hour service. This is a Consultant Psychiatrist multi disciplinary led specialist Recovery service based in an Coillín. This involves working within individuals’ social networks and families to enable access to local ‘normal’ opportunities such as education, occupation and leisure. Recovery continues to focus on a sustained and respectful relationship with individual service users, and on a longer-term response to their needs. It aims for collaboration to enhance the strengths of its service users and to minimise disability.

Contact 094 9049112.

BALLINROBE COMMUNITY MENTAL HEALTH CENTRE
Ballinrobe Community Mental Health Centre is a community based service serving the adult population of Ballinrobe and surrounding areas. It offers a range of Mental Health Services which can be accessed via GP referral. The philosophy of the centre focuses on aiding and empowering individuals towards meaningful recovery from Mental Illness.

Contact 094 9541615. Monday to Friday 9.00am to 5.00pm.
ADULT MENTAL HEALTH UNIT, MAYO GENERAL HOSPITAL

Adult Mental Health Unit based in Mayo General Hospital provides a comprehensive in-patient quality service to those experiencing acute mental illness. The delivery of care and treatment is based on the belief that each individual should be treated and cared for in such a way as to promote their independence and encourage personal responsibility consistent with their needs and abilities. All five sectors within the Mayo Mental Health Service as well as specialist services such as Psychiatry of Old Age, the Rehabilitation and Recovery Team and Disability Services have access to these beds.

Contact 094 9042600 /01.

THE WILLOWS, SWINFORD

The Willows is a community based mental health service which serves the needs of those individuals, who have mental health problems. This service is provided by a multi-disciplinary team of professionals who combine their expertise to provide integrated care to service users in the context of their local community.

Contact 094 9253270. Monday to Friday 9.00am to 5.00pm.

CASTLEBAR RURAL TRAINING CENTRE

This centre is based on the Rehab and Recovery model of day care services, i.e. providing sheltered occupational style day services in the Mayo Mental Health Services area. The ethos of the centre is to support the service user on their recovery journey with back up outreach/community support if required.

Service users can engage with a range of therapeutic based activities including gardening, crafts, arts, cookery and social care. There is a strong emphasis on community integration with the centre being represented at local and national arts events.

This community integration theme is continued within the centre with the seasonal organic vegetable markets, Christmas Fair, Open days etc, with these events service users work with the support of staff in the design, producing, packaging and sales of any goods produced. Service users are also actively encouraged and supported to engage with local service providers e.g. National Learning Network Employability West, VECs etc.

Social activities such as outings, pool competitions, bingo, air hockey, mini cinema, are also provided. The centre now has a room solely dedicated to such leisure pursuits. The Rural Training Centre is centrally located just off the Humbert Way in Castlebar in close proximity to the Training Centre.

Contact 094 9042127/ 9038074. Monday to Friday 8.30 to 4.30.
CASTLEBAR TRAINING CENTRE

Castlebar Training Centre is situated in close proximity to the Rural Training Centre and Teach Aisling and provides therapeutic programmes to service users. Castlebar Training Centre caters for adults experiencing difficulties with their mental health and forms an integral part of the mental health service. The mission statement of the Centre is “To provide Rehabilitative Training and Sheltered Occupational services to individuals that are experiencing difficulties with their mental health in order that they may progress to greater levels of independence, increased social integration and improved mental health”.

At the core of the service are the training areas - woodwork, social skills, computers, numeracy and literacy, catering, basket making and art therapy. The Centre employs a person centred approach where each service user, in conjunction with an instructor, draws up a timetable for themselves based on the above key training areas. This timetable is supplemented by extra activities such as set dancing, outings, relaxation and stress management and gardening etc. Training at the Centre takes place in a relaxed environment with everyone working at their own pace to maximise their own potential. Progress is reviewed and goals, based on the Training Programme Specification, are set at 3 monthly meetings between the service user and their key worker. Service users are encouraged to undertake certification either in the Centre or through another agency. The Centre also provides a Sheltered Occupational Service where service users have the opportunity to take part in daily activities in a sheltered setting where they receive personal support.

The service we provide is constantly evolving according to the needs of the service users consequently service users have a significant and valuable input into the development of the Centre. With their contributions and those of the staff we aim to continue to develop and provide person centred training in a positive and safe environment to all that enter this centre.

Contact 094 9020454/55. Monday to Friday 9.00 to 4.30.

BELMULLET COMMUNITY MENTAL HEALTH CENTRE

Belmullet Community Mental Health Centre is based in the Community Hospital in Belmullet and is a community based mental health service which serves the needs of those individuals, who have mental health problems. This service is provided by a multi-disciplinary team of professionals who combine their expertise to provide integrated care to service users in the context of their local community.

Contact 097 81646. Monday to Friday 9.00am to 5.00pm.
BALLINA COMMUNITY MENTAL HEALTH HEADQUARTERS

The Headquarters is located on Mercy Road, Ballina and the campus is shared with the District Hospital, Outpatient Clinic, Westdoc, Ambulance base, Training Centre and the Health Centre. All multi-disciplinary team work takes place with input from all disciplines and work closely with Training centres, Dolmen Clubhouse, GPs and Primary Care. Access to these is by referral from the GP.

Contact 096 21891. Monday to Friday 9.00am to 5.00pm.

BALLINA TRAINING CENTRE

Ballina Training Centre is situated on Mercy Road in close proximity to the Community Mental Health Team HQ. It provides therapeutic programmes, quality educational, training and employment services for people with disabilities in North Mayo region. Trainees are provided with practical, personal skills, advice, further training and integration into the broader community.

Contact 096 80408/80409: ballinatc@tinet.ie. Monday to Friday 9.00am to 5.00pm

AN COILLÍN, CASTLEBAR

An Coillín is a residential continuing care unit used to accommodate former patients from St. Mary’s and is situated on St. Mary’s Campus.

Contact 094 9049015.

WESTPORT COMMUNITY MENTAL HEALTH CENTRE

Westport Community Mental Health Centre is a community based mental health service which serves the needs of those individuals, who have mental health problems. This service is provided by a multi-disciplinary team of skilled professionals who combine their expertise to provide integrated care to service users in the context of their local community.

Contact 098 50142. Monday to Friday 9.00am to 5.00pm.
SWINFORD TREATMENT CENTRE

This is a residential unit based on the grounds of Áras Attracta. The service is provided by a consultant led Multi Disciplinary team and provides an opportunity for early discharge from acute care, respite care and outreach support services.

Contact 094 9253270.

ACHILL/ MULRANNY/ CROSSMOLINA

Outpatient clinics in Achill, Mulranny, Keel and Crossmolina, are held on a regular basis by the multi disciplinary team.

CHILD & ADOLESCENT PSYCHIATRY SERVICES (CAMHS)

CAMHS provide a service for children and adolescents under the age of 18 years, who are experiencing emotional or mental health difficulties which are having a significant impact on their lives. CAMHS specialise in working with young people experiencing the following difficulties:

- Anxiety, Depression, Thoughts of Self Harm, Suicide Risk, Eating Disorders, Compulsive Behaviours, Thought Disorders and Attention/Hyperactive Difficulties.

CAMHS also work with families to reduce these stress factors that affect a young persons emotional health.

CAMHS help includes:

- Practical advice, counselling and support
- Discussion and activity groups for young people and for parents
- Education around young person’s difficulties
- Consultation with specialised professionals
- Pharmacological intervention

CAMHS teams of professionals work together as a multidisciplinary team with the young person’s entire family. The teams include: Psychiatrists, Nurses, Psychologists, Occupational Therapists, Speech & Language Therapist, Social Care Worker, Social Workers and Administration. Referrals can be made through the GP.

Contact 094 9042656/9120. Monday to Friday 9.00am to 5.00pm.

TEACH AISLING

The Unit is a purpose built residential unit and is situated in close proximity to the Rural Training Centre and Castlebar Training Centre. All of the residents in the unit have serious and enduring mental health problems. It is a self-contained unit with accommodation for 9 residents and with two adjoining flatlets. The nine residents have single rooms with en-suite facilities.

Contact 094 9034635.
SPRINGDALE HQ, CLAREMORRIS
Springdale House is the Sector Headquarters in Claremorris where the multi-disciplinary team have their offices and see patients on appointment. All referrals to Claremorris, Kiltimagh and Swinford come through Springdale headquarters. There are Community Mental Health Nurses based at Springdale House providing nursing care for people experiencing a range of mental health problems. Addiction Counselling, Occupational Therapy, Psychology, Social Work and Cognitive Behaviour Therapy are some of the specialist therapeutic activities provided in Springdale House.
Contact 094 9372230.
Monday to Friday 9.00am to 5.00pm.

CLAREMORRIS COMMUNITY MENTAL HEALTH CENTRE
Claremorris Community Mental Health Centre is a multi disciplinary community based mental health service which serves the needs of people in the south and east Mayo area. Assessment and treatment in the Centre is a combination of therapeutic group and a one-to-one approach.
Contact 094 9371017.
Monday to Friday 9.00am to 5.00pm.

ST. MICHAEL’S COMMUNITY MENTAL HEALTH HEADQUARTERS
St. Michael’s Community Mental Health Headquarters is located on the grounds of St. Mary’s Campus. The service provides multi disciplinary team assessments on all referrals, review clinics, day hospital care and community team work with domiciliary visits and assessments in the community for the Castlebar area and its environs. All team work takes place with input from all disciplines and work closely with Training Centres, Cáirde Club, GPs and Primary Care.
Contact 094 9042150.
Monday to Friday 9.00am to 5.00pm.

ENDURING MENTAL ILLNESS
The Enduring Mental Illness Clinic works as part of many multidisciplinary teams for people with enduring mental illness. The clinic liaises with statutory and non statutory bodies and helps integrate the service user back into society. Enduring Mental Illness clinic provides blood monitoring, assessments, education and medication for service users. Enduring Mental Illness clinic is situated at the White House on St Mary’s campus.
Contact at 094 9042039.
Monday to Friday 9.00am to 5.00pm.
Multidisciplinary Services

OCCUPATIONAL THERAPY SERVICES

The primary focus of Occupational Therapy services is in enabling people with mental illness to live independent, healthy and good quality lives in their own communities or in more supported settings. In partnership with service users and their families the Occupational Therapist will look into the difficulties experienced and put into place individualised plans to overcome these. Services are provided both in community and hospital based settings, with the focus on people returning to, or remaining at home or in having a good quality of life. Access to these services is through the multi disciplinary team.

Contact 094 9042131. Monday to Friday 9.00am to 5.00pm.

PSYCHOLOGY SERVICES

Clinical Psychologists are qualified to apply a broad range of theoretical and therapeutic models to address a wide range of complex mental health problems in a manner that is individually tailored to best meet the unique needs of the service users. The Clinical Psychology service of Mayo Adult Mental Health Service aims to provide an efficient and effective service to adequately alleviate psychological distress and to promote the psychological well-being, quality of life and health of service users. The service participates in the training of clinical Psychologists enrolled in the D. Psych Sc Programme at NUI Galway by providing supervised placements to trainees and by contributing to clinical teaching on the programme. Access to the Psychology Service is via referral from a GP or through the multi disciplinary team.

Contact 094 9042131. Monday to Friday 9.00am to 5.00pm.

SOCIAL WORK SERVICES

The Social Work department provides a range of interventions and support towards empowerment to patients and their families. The main area of demand is in emotional support, discharge planning, housing, bereavement counselling, mediation, psycho-dynamic counselling, problem solving, socio/legal/ economic and family therapy. Emphasis is placed on addressing the need of preparing the person for discharge, the individual's home environment, and their capability to manage and be supported in the daily living is addressed.

Contact 094 9042131. Monday to Friday 9.00am to 5.00pm.

ART PROGRAMME

The Art Programme provides service users with an opportunity for creative expression in safe non judgemental environments. The four artists providing the service link with Mental Health staff and in particular with Occupational Therapy. Participants work with good quality artist's materials in spaces which are conducive to creativity and free from expectation. The focus is on process rather than product.

The programme has been the recipient of a number of awards and has a central studio based at the Centre for Nurse Education. Artists travel to a number of day centres in the County.
RISK MANAGEMENT
The risk management department is based in St. Mary’s Headquarters, Castlebar. The aim of the Risk management department is to promote an integrated approach to the management of risk both clinical and non-clinical; among all staff working within our service.

The risk management department endeavours to work in a proactive way with all departments and colleagues to deliver a quality and safe service for service users and staff.

Contact 094 9049114.

NURSE PRACTICE DEVELOPMENT
The Nurse Practice Development services is based on St Mary’s Campus, Castlebar. The aim of practice development is to ensure all nursing staff have the skills, knowledge and supports to deliver high quality care that is evidence based. The undergraduate nursing programme is delivered on a partnership process by HSE and Galway Mayo Institute of Technology. Two Clinical Placement Co-ordinators and an Allocations Liaison Officer supports student nurses while they are on placement in clinical areas, ensuring the clinical learning environment is optimum and assisting nursing staff in their role with students.

Contact 094 9042080. Monday to Friday 9.00am to 5.00pm.

MEDICAL SERVICES
The service has General Adult Consultant Psychiatrists, Child and Adolescent Consultants and also Consultant Psychiatrists specialising in Psychiatry of Old Age, Rehabilitation and Recovery services and Intellectual Disability services with the support of NCHDs. This Service is approved for training purposes for Junior Doctors by the Royal College of Psychiatrists in Ireland.

OCCUPATIONAL HEALTH DEPARTMENT
The Occupational Health Department for Mayo is situated in the grounds of St Marys Campus, Westport Rd., Castlebar, Co. Mayo. The Occupational Health team aim to prevent the development of work related illness and injury, provide support to employees and promote Health and Safety in the workplace.

Contact 094 9042005. Monday to Friday 9.00am to 5.00pm.
NURSING

Psychiatric nurses play a pivotal role in the delivery of quality mental health care both in community and hospital environments. Psychiatric nurses use a range of interventions when working with service users and their families. These include holistic recovery orientated assessment, therapeutic risk management, psychosocial skills and professional and clinical leadership.

Many nurses have gained clinical nurse specialist status in areas such as cognitive behaviour therapy, management of drug and alcohol addiction in mental illness, prescribing medication, community mental health nursing and occupational health. Other nurses have become advanced nurse practitioners in liaison mental health in emergency department.

Each year fifteen psychiatric nurses begin a four year honours degree in psychiatric nursing at Galway Mayo Institute of Technology, Castlebar Campus. This programme is run in partnership with HSE. It equips nursing students with the knowledge, skills and competencies to practice psychiatric nursing to a high professional standard.
Mayo Mental Health Services have close working relationships with the Mayo Mental Health Association, Aware, Grow, Shine, S.A.I., the Irish Association of Suicidology. All of the groups involved make significant contribution to health promotion in close co-operation with Mayo Mental Health Services.

**MAYO MENTAL HEALTH ASSOCIATION**

This is a voluntary organisation affiliated with Mental Health Ireland. Its aims are to promote positive mental health and a signposting service to people who need to access the Mental Health Services. Positive mental health is addressed in a variety of ways such as the Secondary School public speaking project and organising awareness meetings on identified relevant mental health topics. There are a number of group homes throughout the County where service users are accommodated in good quality accommodation. The headquarters is situated in New Antrim Street, Castlebar.

**Contact 094 9038148.**

**DOLMEN CLUBHOUSE LIMITED**

The Clubhouse is a member driven service for people who are in recovery from Mental Health issues and provides social opportunities which enable members to develop, at their own pace, the confidence and skills they need to enrich their lives.

**Contact 096 78907.**

**CAIRDE CLUBHOUSE LIMITED**

The Cairde Clubhouse is a subsidiary of the Dolmen Clubhouse Limited and is based in Castlebar.

**Contact 094 9050570.**
Innovation in Mayo

GENIO PROJECTS

Genio is a not for profit philanthropy organization. Their mission is to bring together government and philanthropy to develop, test, and scale, cost-effective ways of supporting people who are disadvantaged to live full lives in their communities.

REFOCUS

REFOCUS is a 3 year Genio Trust funded initiative aimed at supporting mental health day services in Mayo to become more Recovery orientated and built around the needs of service users. The project is a joint initiative between the HSE and RehabCare. RehabCare are the employers of the Peer workers who will be providing Peer Support and Co-Delivered Education as core components of REFOCUS. The project is being undertaken as part of the Advancing Recovery Ireland (ARI) which aims to ensure Recovery orientated practice in all aspects of mental health service delivery.

Expressions of interest have been sought from service users whose mental health problems have had a significant impact on how they live their lives. Twenty participants will be identified to avail of the project in Year 1. The funding is provided to the Rehabilitation and Recovery team however expressions of interest of service users attending other areas of the service are welcome with careful consideration of the care pathway for each individual participant being discussed with the CMHT currently providing services.

The initial step in REFOCUS is in the provision of a Planning Facilitator to each participant. The facilitator is the main contact with REFOCUS and works with the participant in planning and implementing their personal recovery plan. The Planning Facilitator enables the participant to organise meetings with their main supporters – both professional and family or friends. The focus of the planning is on building a life beyond illness.

As a Genio funded project, REFOCUS will be informed by the Endeavour for Excellence programme. This programme involves the participant in “Discovery”, giving them an opportunity to consider where they are in their lives and what they would like to be doing. Following on from this there is the Planning phase. The Planning Facilitator and the participant get together with Peer Support Workers and other supporters to plan out objectives and how to achieve these with support. Plans may include becoming more part of their community or in further education or training or in taking up work or volunteering roles. Individualised supports will be provided to participants in working towards these goals. The implementation phase involves the action of the agreed plans. This includes regular opportunities for review.

PEER SUPPORT WORKER

The participant will also get access to a Peer Support Worker - people who are in recovery from mental health issues themselves to help carry out individualised planning and service delivery with service users. This methodology has been found to be extremely effective in other parts of the world and can often be the key ingredient for individuals in achieving recovery. Based on the collaborative work undertaken, services will be planned taking into account the individuals unique strengths and needs. Peer Support Workers will be employed by RehabCare.

Maeve Earley has been appointed as Coordinator for RehabCare.

RECOVERY COLLEGE

The project will also employ Peer Educators – people who are in recovery from mental health problems to co-produce (with people with personal and professional experience of mental health problems) and co-deliver a Recovery curriculum for staff, service users and their families to drive the necessary changes in practice and support services to become more responsive to individual need and enable service users to flourish in their communities. Jutta Kirrkamm has been appointed as Peer Educator.

Contact 094 9049112 /9042131.
ADVOCACY SERVICES
The Irish Advocacy Network is a service-user run and led mental health organisation. It provides a peer advocacy service. This means it is run by people who have experienced mental health issues. The service is confidential and free.

The Irish Advocacy Network aims to provide information, support and choice for those who have experienced difficulties with their mental health and well-being.

Peer Advocacy:
- provides a listening ear;
- lets you know you are not on your own;
- helps you identify your needs;
- supports you in making your wishes known;
- provides information about what is available for you;
- supports you in hospital and the community; and
- provides information on the 2001 Mental Health Act

Contact John Boyce, Advocate 087 9918085. john1@irishadvocacynetwork.com.

FREEDOM OF INFORMATION
The Freedom of Information Act came into effect on 21 April, 1998 and was amended on 11 April 2003. This Act gives you the right to access records held by Government Departments and certain public bodies. You do not have to give a reason as to why you want to see any records. The Government Department or body must give you an explanation if you are not given what you ask for. A decision on your application must normally be made within 4 weeks.

Contact 094 9042013. Monday to Friday 9.00am to 5.00pm or www.foi.gov.ie.

COMPLAINTS - YOUR SERVICE YOUR SAY
How can I make a comment, compliment or complaint?
You can make comments, pay compliments or make a complaint in a number of ways: You can use the form attached to the “Your Service, Your Say” leaflets that are in each HSE service. You can telephone the HSE infoline on 1850 24 1850 or email yoursay@hse.ie. Alternatively, you can comment directly on our website www.hse.ie. You can choose whether to include your name and contact details with your comment or compliment.
INFORMATION AND SUPPORT:

- Adult Mental Health Unit, Mayo General Hospital, Castlebar: 094 9042620/2601
- HSE Information Line: 1850 241850
- Emergency Services: 999 or 112
- Mayo General Hospital: 094 90 21733
- Westdoc: 1850 365000
- National Poison Information Centre: 01 8379964
- Mayo Mental Health Association: 094 9042083/9038148

COUNSELLING AND SUPPORTS:

- Family Centre, Chapel Street, Castlebar: 094 9025900
- HSE West, Drug Service:
  - South Mayo: 094 9020430
  - North Mayo: 096 60060
- Mayo Adult Addiction Outreach Service: 094 9021333/9042006
- Rape Crisis Centre: 1800 234 900

SUPPORT GROUPS:

- A.A.: 01 453 8998
- Alanon / Alateen: 01 8732699
- Narcotics Anon.: 021 4278411
- Drug HIV Helpline: 1800 459 459
- Bodywhys Helpline Phone: 1890 200400
- Aware, Information and Support: 094 9026417
- Grow, Information & Support: 094 9026417
- Shine: 1890 621 631
- Cura, Information & Advice: 1850 622 626
- Samaritans: 1850 609 090
- Outwest Gay Helpline: 094 9372479
- Childline Freepone 24 Hour Service for young people up to 18: 1800 666666
- Headsup Text Service: Text “Headsup” to 50424
- Spun Out: www.Spunout.ie - Phone: 091 533693
- Teenline Ireland Freephone: 800 833634
# Details and Locations of Existent Service

## CASTLEBAR
- Mayo PCCC Headquarters, St. Mary’s Campus, Castlebar: 094 9021333
- St. Michaels Community Mental Health Headquarters: 094 9042150
- Audio Visual Services, St. Mary’s Campus, Castlebar: 094 9021333
- An Coillin, St. Mary’s Campus, Castlebar: 094 9049015
- Rehabilitation & Recovery HQ, St. Mary’s Campus, Castlebar: 094 9049112
- Adult Mental Health Unit, Mayo General Hospital, Castlebar: 094 9021733
- Teach Aisling, Westport Road, Castlebar: 094 9034635
- Rural Training Centre, Westport Road, Castlebar: 094 9042127
- Castlebar Training Centre, Westport Road, Castlebar: 094 9020454
- Dept. of Old Age Psychiatry, Sacred Heart Hospital Campus: 094 9028464
- St. Annes Unit, Sacred Heart Hospital, Castlebar: 094 9026337

## BALLINA
- Training Centre, Mercy Road, Ballina: 096 71976
- Ballina Community Mental Health Headquarters, Mercy Road, Ballina: 096 21891

## BELMULLET
- Sector Headquarters in Community Care Building: 097 81301

## SWINFORD
- The Willows, Swinford Mental Health Centre: 094 9253270
- Swinford Treatment Centre: 094 9253270

## BALLINROBE
- Ballinrobe Community Mental Health Centre: 094 9541615

## CLAREMORRIS
- Claremorris Community Mental Health Centre: 094 9371017
- Springdale Mental Health Centre (Sector Headquarters): 94 9372230

## WESTPORT
- Westport Community Mental Health Centre: 098 50142
This directory was produced by:

- **Ms Mary McHale,**
  Nurse Practice Development Co-ordinator

- **Ms Rose Malone,**
  Senior Executive Officer

- **Mr PJ Rainey,**
  Area Director of Mental Health Nursing

- **Ms Imelda Corduff,**
  Assistant Staff Officer

- **Ms Caroline Glendon,**
  Assistant Staff Officer

Acknowledgement to
Tony O’Boyle former manager of Mayo Mental Health Service for original version of this directory
Clockwise from top left:

Castlebar Training Centre.

Mayo Mental Health Services H.Q., St. Mary’s Campus.

Gerry Neary, Groundsman.

An Coilín. L-R: Emma Lennon, Third Year Student Nurse, Mary Flanagan-Feeney, Clinical Nurse Manager, Josephine Lynch, Senior Staff Nurse and Alice McIntyre, Staff Nurse.

Mayo Mental Health Services. Front Caroline Glendon, Assistant Staff Officer. Back l-r; Rose Malone, Senior Executive Officer, Imelda Corduff, Assistant Staff Officer and Mary McHale, Nurse Practice Development Co-Ordinator.

Catherine Cuniffe, Clinical Placement Co-Ordinator and Philip McGroarty, Cognitive Behavioural Psychotherapist.

Front Cover Photo: Mayo Mental Health Services HQ, St. Mary’s Campus, Castlebar.

Photos © Ken Wright Photography 2013