

MINDSPACE

young people's health matters **MAYO**

Market Square | Castlebar | Co. Mayo.
(Between the Galway Roast & Brant Rock)

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✉ info@mindspacemayo.ie

What is Mindspace Mayo?

- Mindspace Mayo is a primary care service for young people, aged 12 – 25, in County Mayo.
- Our aim is to support young people with emerging mental health difficulties.
- We are an early and brief intervention service (e.g. 1-6 sessions).
- Participation in our programme is completely voluntary for the young person.
- We provide advice and guidance re mental health issues, supportive problem solving and decision making, emotional support, goal setting, psycho-education and brief CBT.
- We can also sign post and refer on to other services if this is an appropriate.

Our Office Hours: (Please refer to our website for drop-in hours)

Monday	9am - 5pm
Tuesday	9am - 5pm
Wednesday	9am - 5pm
Thursday	9am - 5pm
Friday	9am - 3pm

Referral Information

- Young people aged 12-25 years.
- With a difficulty ranging from common psychosocial concerns to emerging mental health difficulties.

We do not accept referrals for:

- Young people who are actively attending or awaiting a service with the mental health services, Psychology or Drugs Service.
- Who are transitioning between the mental health services; or
- Who require support as part of a discharge plan from mental health or other service.

We will refer on:

- Those who present with moderate to severe mental health difficulties;
- Those who present with suicidal ideation with intent;
- Those who have substance dependency.

Examples of types of referrals suitable to Mindspace Mayo

SUITABLE for Mindspace Mayo

NOT SUITABLE for Mindspace Mayo

	SUITABLE for Mindspace Mayo	NOT SUITABLE for Mindspace Mayo
Emotional & Behavioural Difficulties.	(e.g. relationship or social difficulties, stress, sexual identity, low self-esteem, anger etc.).	Moderate-Severe emotional / behavioural difficulties.
Common Mental Health Difficulties.	Mild (e.g. low mood, anxiety).	Moderate-Severe or enduring, e.g. recurrent depressive illness, psychosis, prolonged anxiety difficulties.
Substance Use (including alcohol).	12-25 yr. olds, without chaotic or dependent substance use.	Refer to Mental Health or Drug & Alcohol Services: young people with chaotic or dependent substance use.

Other referrals will be considered on a case by case basis, please feel free to contact us to discuss any young person's appropriateness for the service. Mindspace Mayo is NOT a 24 hour emergency or crisis intervention service.

