

MINDSPACE

young people's health matters MAYO

Market Square | Castlebar | Co. Mayo.
(Between Cuppa Joes & 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 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
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.

Referral Form

Young Person

Name: _____

Address: _____

Email: _____

D.O.B.: _____ Age: _____

Contact No: _____

GP Details

Name: _____

Address: _____

Email: _____

Contact No/s: _____

Parent / Guardian / Next of Kin:

Name: _____

Address: _____

Relationship: _____

Contact No: _____

Name: _____

Address: _____

Relationship: _____

Contact No: _____

What are your concerns about this person?

Has this person attended or is currently attending Child Adolescent Mental Health Service (CAMHS) / Adult Mental Health Services (AMHS) / Psychology / Drug & Alcohol Services or any other relevant service? Give details:

Will you continue your contact with this person? _____

Any other relevant medical / other details?

Have you any concerns regarding risk about this young person (e.g. risk to self or others)? _____

Referrer's Details:

Name: _____ Address: _____

Contact No: _____ Signature: _____

Young Persons Signature: _____ Date: _____

If under 18 Years.

Parent / Guardian Signature/s: _____ Date: _____

Please note, Mindspace Mayo is NOT a 24 hour emergency or crisis intervention service.

For official use only:

Date received: _____ Received by: _____

Process: Email ☐ Text ☐ Call ☐ Resources ☐ Waiting List ☐

Completed by: _____ Date: _____

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