

MINDSPACE

young people's health matters MAYO



ANNUAL REPORT 2023

OUR YEAR IN YOUTH MENTAL HEALTH

Mindspace Journey 2023

Since 2015 Young People presented to the service with these issues

→ **645**
referrals received in 2023



TREATMENT

The average young person has...

6.0
sessions

which includes

- Mental Health Services
- Work and Study Services

OUTCOME Mindspace was rated...

overall
4.7/5

Staff
5/5

78%
clients show significant improvement

The remaining

22%

may have made smaller improvements that didn't reach significance or are still receiving services at Mindspace or other services that they were referred to.



What is Mindspace Mayo?

With mental health being the primary health concern affecting young people today, the development of accessible and appropriate services has never been more important. Access to early and timely support is the key to resolving the difficulties that many young people experience.



Evidence based research has identified that 75% of mental disorders appear before the age of 25. Considering this fact, early intervention has never been more relevant. Mindspace Mayo is that early intervention. It is a free, non-judgemental and confidential service for young people aged 12 - 25.

1-in-3 young people will experience mental health distress. Mindspace Mayo assist young people to meet the demands of life. Our aim is to ensure that when young people are struggling, they get the support they need, when and where they need it. Mindspace offers a support service to young people presenting with anything from common concerns (e.g. dealing with break-up, exam stress) to young people with emerging mental health difficulties such as mild depression and anxiety.

Mindspace Mayo is about building resilience at this pivotal stage of life. It's about supporting young people when and where they need it. It is at this stage, when issues first arise, that young people should be engaged with, so that they can build the resilience they need. Evidence suggests that taking a preventative approach can reduce the prevalence of lifelong mental health difficulties.

The service is staffed by a team of friendly, non judgemental healthcare professionals.

Along with our hub in Castlebar we operate two outreach services in Erris and Ballina each week, supporting young people in these areas in a setting that feels safe and comfortable for the young person. In 2023, we received 23 referrals for our Erris outreach centre and 101 referrals for our Ballina outreach centre.



Mindspace Objectives

- 1 Ensure access to youth friendly, integrated mental health supports when and where young people need them in their community.

Achievements

645 young people have been referred to Mindspace Mayo in 2023.

60% were female and 40% were male and most young people were between 14 and 20 years of age.

Young people were referred to Mindspace from a number of sources including self (42%), parents (31%), Secondary Schools (9%), and GP's (8%).

In addition we have held case consultations with 176 people in relation to a young person and 26 parenting support sessions. These consultations have primarily been with parents (60%), GP / Nurse (14%), and Schools (11%).

124 young people have used our outreach sessions in 2023.

Put very simply, we know Mindspace works.

Our outcome measures show us that young people who attend Mindspace report significantly reduced levels of psychological distress at the end of their Mindspace sessions.

Over 90% of young people who completed our Mindspace Satisfaction Survey told us that they received the support they needed from Mindspace, and 95% of them also said when asked that they would recommend Mindspace to a friend.

- 2 Promote community awareness around youth mental health in order to enhance understanding of young people and the risk and protective factors that contributes to their mental health and wellbeing.

Mindspace staff work closely with the Psychology Service, Child & Adolescent Mental Health Service, Adult Mental Health Service and Primary Care Professionals to ensure ease of access to each of these services as required.

Mindspace staff have developed links throughout the county with a range of youth services, education and training services, schools and sporting organisations so as to develop a holistic range of supports and options for each young person who attends the service.

We work with communities across Mayo in providing mental health supports for young people aged 12 – 25, and to change how Mayo thinks about youth mental health. Through our services we provide free, confidential, brief mental health supports for young people aged 12 – 25. Designed in partnership with young people & staffed by trained mental health professionals, we ensure that our young people get the right support when they need it. 'There's no problem too small' is an important feature of our ethos in creating a safe space for young people to access support. We have worked with young people promoting the message of positive mental health and emphasising the importance of help when feeling down, worried or stressed.

We work alongside other organisations and young people in the community as we believe that the key to creating communities which support young peoples' mental health lies in the cooperation, collaboration and creative efforts between those stakeholders.

3 Engagement

Engagement is an essential part of Mindspace's work to change how Mayo thinks about young people's mental health. Through engagement we aim to change attitudes to youth mental health in Mayo from one of stigma to one of openness.

We want to increase the nature of family and community supports available to young people for their mental health, and to encourage the emerging voices of young people and to support these young people as they shape the debate and influence mental health policy.

In 2023, through our website and our social media channels, we've helped our young people be a part of discussions and campaigns on mental health.

We've included young people in all of Mindspace's governance structures.

Supporters

We would like to acknowledge and thank the following partners for their ongoing support.



Ollscoil
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University



Connecting for Life
Galway, Mayo and Roscommon



CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Maigh Eo



etb

Bord Oideachais agus Oiliúna
Mhaigh Eo, Shligigh agus Liatroma
Mayo, Sligo and Leitrim
Education and Training Board



empowering youth
enriching communities
foróige



hi
Healthy
Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



ISPC
Never give up on a child. Ever



MAYO.IE



COAIGH EO
CRIOST LINN



MAYO
Mental Health
Association



Mental Health
Ireland



MAYO
SUICIDE
PREVENTION
ALLIANCE



MAYO TRAVELLERS
SUPPORT GROUP



National Office
for Suicide
Prevention



PLANET
Youth
by ICSRA



pobal
government supporting communities



South West Mayo
DEVELOPMENT COMPANY LTD
Comhlacht Forbartha
Iardheisceart Mhaigh Eo Teo



TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



OLLSCOIL NA
GAILLIMHE
UNIVERSITY
OF GALWAY



WEST BE WELL
MENTAL HEALTH SUPPORT
GALWAY, MAYO & ROSCOMMON



WESTERN REGION
Drug & Alcohol Task Force
Meitheal Druigáil an Iarthair



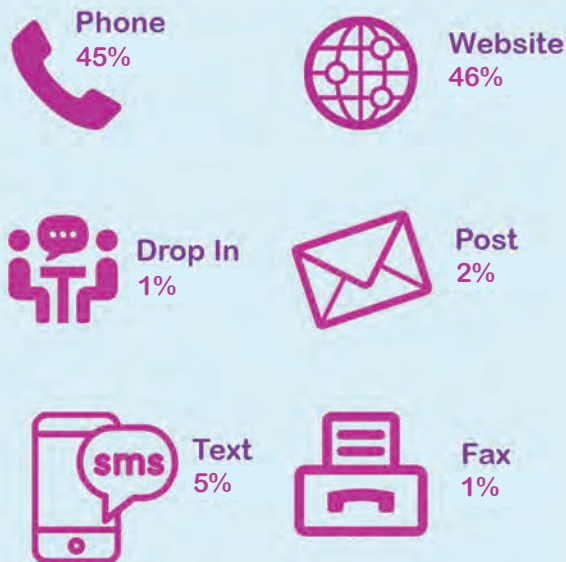
VERMILION
ENERGY



VERSION 1

facts & figures

Referrals by Method



“As a parent of a child who used Mindspace for a six session block I am hugely impressed and satisfied with the service and the staff. From the first point of our communication, everybody we have dealt with have been extremely courteous, kind and professional. The centre itself is a warm and welcoming environment with excellent facilities and put my son at ease from very early on.”

“ It is okay to seek support when things get overwhelming ”

Young people are entering Mindspace through a wide variety of pathways, demonstrating the success of communication efforts. The high number of self-referrals serves as evidence of youth-friendliness of the setting and the efforts of the staff to be welcoming. Also encouraging is the rate of parental, school and GP referrals.

We are Mindspace Mayo

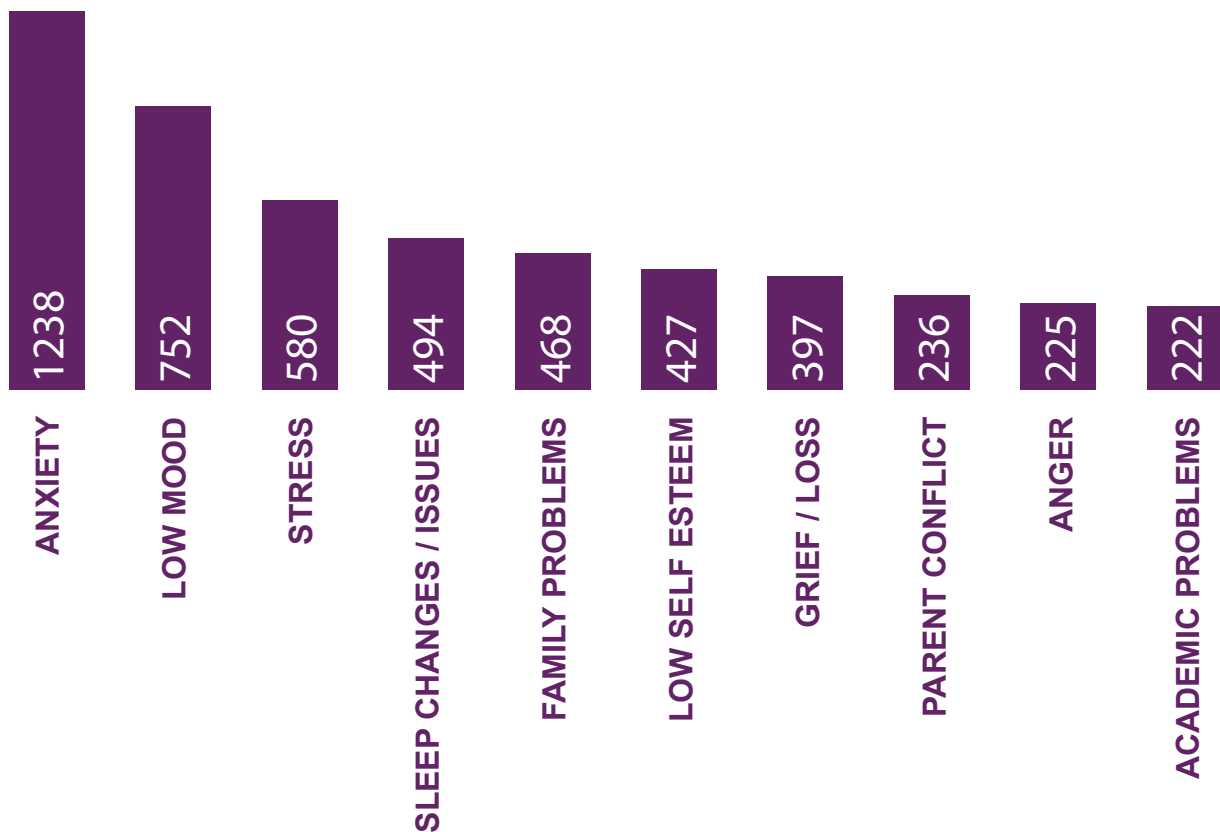
Our vision is a county where every young person's mental health is valued and supported. Our mission is to advance the mental health of young people in Mayo (aged 12 - 25) by influencing change, strengthening communities, and delivering services through our evidence informed and early intervention approach.

Gender Breakdown



Programme participants experience a significant array of difficulties and stressors. Many experience multiple problems. These are not the worried well, but rather young people with a real need to be heard and supported. It seems likely that, were it not for the availability of Mindspace Mayo, many (if not most) of these would not have become engaged with the mental health system. The challenge for Mindspace is to ensure that they receive the proper level of service and support in an integrated and timely manner and that positive outcomes are achieved.

Top 10 Presenting Issues



Other Presenting Issues Include

Bullying, Isolation, Use of Alcohol, Arguing, School Refusal, Lack of Support, Panic Attacks, Parental Separation, Child Protection Concerns, Use of Drugs, Lack of Social Outlets, LGBTQI+, Impacts of Pyrite.

*Please note a young person may present with multiple issues.

Mindspace Satisfaction Survey

Young people engaging with Mindspace complete a short satisfaction survey when they are leaving Mindspace. The information below shows young people's responses to some of the questions on this survey.

97%

Overall
Client
Satisfaction

97%

Young People satisfied
the support received in
Mindspace helped them
deal with their problems

98%

Young People
who would
recommend
Mindspace to
a friend

“Mindspace has a central role in prevention and early intervention in youth mental health in Ireland. Mindspace recognises the needs of our young people and recognises the need to adapt and ensure that the young person is at the centre of the core services we provide. Nothing happens without the people involved in this process, our young people, our staff, our volunteers, our funders and our board. They are the heart of this organisation. Thank you for your continuing support.”

Peadar Gardiner Project Manager



CAR WASH

CROSSMOLINA DEELROVERS BORD NA NÓG FUNDRAISER

EASTER SAT APRIL 8th

IN PARTNERSHIP WITH



SUPPORTING YOUTH MENTAL HEALTH



Hello Mayo 'How Are You Campaign'



Minister Dara Calleary T.D. at Cot & Cobble Spinathon



Crossmolina Deelrovers GAA Jersey



Crossmolina Cycle, Walk & Talk

Youth Panel

Helping young people and communities be heard.

The Mindspace Youth Panel are volunteers who support us in our goal to achieve better mental health outcomes for young people. They help us to mobilise communities and work towards creating societal change in relation to youth mental health

Youth advocates create understanding and raise awareness of youth mental health within their own community.

They make a valuable contribution to our work within Mindspace.



Mayo Pride 2023



Workplace Mental Health Presentation – AIB



St Brendan's College Belmullet Mindspace Keyring Design



Bellanboy Bridge Gas Terminal



Youth Panel

Fundraising

Individual supporters of Mindspace have made donations, and many of our supporters have organised fundraising events for Mindspace over the past year. Mindspace is extremely grateful for the support, enthusiasm, creativity, dedication and encouragement we receive from individuals, groups, companies and partners around the county.

Donations received in 2023 included:

- Private Donations
- Facebook Birthday Donations
- Paddy Conaghan – Driving & Ducking
- Mayo Abbey Foroige
- Ardagh Community Hunt
- Killala Live Events
- Fort Wayne Metals
- Crossmolina Deelrovers GAA Car Wash
- Cot & Cobble Spinathon
- Alan Heaney Marathon Des Sables
- CMS Distributions
- Tesco



Recovery College 10th Anniversary



Ardagh Community Hunt



Seoshamh O'Maolchoirn Beard Shave

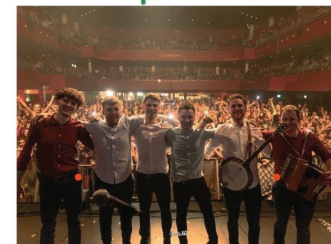


Fearghal Duffy & Jamie Slinn (Northampton to Crossmolina Cycle)



Fearghal Duffy & Jamie Slinn 580km cycle for Mindspace

Killala Live Presents



CHARITY FUNDRAISER

SUPPORT ACT DAVE DEVANEY

MARCH 25TH
KILLALA COMMUNITY CENTRE



Over 18s
R.O.A.R

TICKET INFORMATION ANNOUNCED SOON

Mayo GAA Charity Game Raises €15,000 for Mindspace



MAYO GAA has presented their charity partner Mindspace with a cheque for €15,000, the proceeds of a charity game between Mayo and Sligo last January. Commenting at the presentation, Mayo GAA Cathaoirleach Seamus Tuohy said the partnership with Mindspace has had a positive impact on many young people by raising awareness of individual mental health and normalising its discussions.

“Sport offers a great platform to connect and support others on and off the field and it is important to make mental health part of everyday conversation. The partnership between Mayo GAA and Mindspace over the last three years has raised awareness and it has started the conversation for many,” commented Seamus Tuohy. “We all have our low days and the importance of friends, work colleagues, teammates and support from organisations such as “Mindspace”, helps to reduce the stigma around mental ill-health, thus leading to meaningful conversations which opens the pathway for many to a full recovery.



Today we acknowledge the great work carried out by Peadar Gardiner and his Mindspace colleagues. Mayo GAA is delighted to present the proceeds of the charity game January 2, 2023 to our partners Mindspace, Seamus Tuohy complimented everyone that assisted in making the charity game possible especially both teams, their managements, Ballina Stephenites GAA Club, an Coiste Bainistí, John Walker and his PRO committee and the fantastic Mayo supporters who turned out in large numbers to watch the game. Mayo GAA senior football manager Kevin McStay said the senior team was delighted to support Mindspace. “The game provided a fantastic opportunity for Mayo GAA to continue to raise and normalise discussions around mental health. We encourage supporters to check out the Mindspace Mayo website if they are having a tough time. It’s okay to not be okay and it’s okay to reach out for help,” commented Kevin McStay.

MAYO SENIOR FOOTBALL CHALLENGE MATCH

MINDSPACE
young people's health matters... MAYO

FULL TIME

1-20
MAYO

1-09
SLIGO

MONDAY 2 JANUARY - 1PM @ BALLINA

Mindspace Project Manager Peadar Gardiner thanked Mayo GAA for their generous donation and all those Mayo and Sligo supporters who turned out on the day for their generosity. “We’re humbled to see the generosity of our charity partner Mayo GAA and the GAA community, who were so supportive of us in the charity game back in January. We cannot thank you enough for your kindness,” commented Peadar Gardiner.



Ducking & Driving Around Ireland

FOR some wild swimming is quite enough of a challenge to swim in the sea or open water once a week, others push that out to daily dips year-round but not many would set themselves the challenge of doing 5 or more dips a day! Particularly when in their 80's!

Paddy Conaghan, from Arranmore had undertaken; to circumnavigate Ireland, living out of a small van and "Ducking and diving" at as many beaches or piers as he can every day. The reason he set himself such an epic task? To raise awareness of mental health and funds for Mindspace Mayo. We are so grateful to Paddy and his team. A truly inspirational man!



The Cot & Cobble Spin for Mental Health



Alan Heaney competes in Marathon Des Sables for Mindspace!

WHEN people hear that renowned ultra-athlete Alan Heaney is taking on 'Marathon des Sables' they may not fully appreciate the magnitude of the challenge. After all the Swinford native is well-known for his ultra-cycling exploits and taking part in ultra events all across the globe. But what if we told you that 'MdS' is also known as 'the toughest foot race on Earth'? We thought that might get your attention!



The 47 year-old from Killasser is heading off this Friday to take on his greatest challenge yet. A six-day, 251km ultramarathon, which is approximately the distance of six regular marathons, which is held every year in southern Morocco, in the Sahara Desert. The longest single stage is 91km long. So what motivates the father-of-four to push his body and mind to the brink?

"The Marathon Des Sables has always been on my bucket list," Alan explains. "It's starting outside Marrakesh next Sunday and I'll be running around 265kms. I'll be gone for 10 days and there will be running of one sort or another for eight days. I'm going on my own because it's every man and woman for themselves with this event really. You're going to be tested physically, emotionally, spiritually, every way, so everyone will have their own crosses to bear. The run is me versus myself versus the heat of the day and the cold of the night. For me it's all about the mindset you get into," he adds. "It's about mentally setting a goal and an end point and then making sure you hit it. I've always found that if you do that, you will reach it. I'm mentally very strong. I'm very good at taking stuff on and hitting the limit. I would always say, 'Don't limit yourself by the stories you tell yourself'. I enjoy it when I set myself a new limit. It's very enjoyable and there's definitely an addiction there. The endorphins and the dopamine that you get from pushing yourself to your limit is incredible."

Alan Heaney will also be pushing himself to the limit for a good cause next week as all monies raised from his 'Marathon des Sables' adventure will be donated to Mindspace Mayo. Alan is a big fan of their work and a huge admirer of their project





manager, Peadar Gardiner. “I think what Mindspace are doing is so important and I like the way that Peadar runs the service and goes about his business,” he says. “There’s a lot of people not in a great space at the moment, there’s something in every house. It can be education, marriage-related, addiction, depression, or whatever. Mindspace gives young people, in particular, the opportunity to pick up the phone and organise somebody to listen and help. They’re doing a great job. I’ll be going into a new Mindspace of my own with this event. I’m sure in the middle of this marathon I’ll be wondering about the ‘why’ and ‘where’ and ‘how’ too.”

Alan, who runs three agri-tech companies with his business partner, Niall McGauran, and also farms at his home in Killasser, is the first to admit that his ultra-marathon exploits just wouldn’t be possible without the support of his wife, Carmel, (who he describes as ‘a superwoman’) and four children, Isla, Jane, Lottie and Alan. They support him every step of the way while he also singles out his running buddies, Alan Dunne and Peter Hynes, for special mention. They are almost always by his side when he runs around the various forests, bogs, woods and trails in preparation for his next ultra-event. “I started off with ultra-cycling and before long I found I was using events to get fitter and stronger,” he explains. “My first ultra-cycling challenge was a three-day cycle from Malin to Mizen Head, but myself and Gary Smyth from Kiltimagh ended up doing it again over two days and then came back a third time and did it in 23 hours and 20 minutes. I like a bit of organised chaos,” he smiles. “Because I like trying to fix stuff. The unpredictability and the chaos makes it more interesting and challenging for me. I started running with a buddy of mine in Swinford, Peter Hynes, the chairperson of Mayo Athletics, and I really began to enjoy the quietness, calmness and scenery. Alan Dunne joins us too and we’d run on Monday, Wednesday and Friday. I like to go running first thing in the morning and then we head off and do our day’s work.”

A teetotaller, Alan recently ran a marathon from Bangor Erris to Newport before toggging out the following day for a Gaelic football match with a Mayo Over-40s selection against Tyrone on Clare Island. He also finished in the top 30 of 2,000 competitors in the Sea2Summit race. “My body is fitter than it’s ever been in terms of endurance,” he admits, before heading off to spend some time in the outdoors sauna he’s built at his home to help his body acclimatise for what lies ahead in Morocco. “There’s a lot of unknowns with this, and I genuinely don’t know how it’s going to go,” he says.

For Alan Heaney that is half the attraction. We wish him well.

By Mike Finnerty | Mayo News | 20 Apr 2023



Meeting Young People's Needs

We ask young people and guardians for their feedback on our service. Here are some of the things that they told us about how our services helped them in 2023...

I believe that it is a fantastic service for anyone with a problem, everyone should use this service. Staff are so friendly and unbelievably skilled and professional. Keep it up!

Very helpful. I always felt welcome. Keep up the good work.

It's an escape. Staff are lovely and very supportive, don't judge and their conversations are comforting. It feels like a loving family here.

I thought it was good as it listened to my needs and always asked me what I thought.

Mindspace was so helpful. All the staff were so kind, helpful and made me feel very comfortable. The building is very bright and makes you feel relaxed.

I think it's a much needed service in Mayo. Thank you for all your help. It's been invaluable.

I was truly humbled of how much support I received, especially during difficult times I could call if needed as there was always someone one the other side.

I appreciated the length of each session as I felt I could get the most out of each session. My support worker was non judgmental, understanding and sympathetic. Which were all the perfect qualities I personally needed to be comfortable during our sessions

It's a very friendly, calm and relaxed space. The staff are kind and sincere. Thanks so much for helping me

Talking with people at Mindspace really helped me overcome my problems and I would definitely recommend Mindspace to a friend.

I came to Mindspace when I needed help to get through my problems and I got all the help I needed. Service couldn't be any better. Thanks for all the help

The open-mindedness of the workers made it really easy to be honest and open myself up.

Words most associated with Mindspace:

SUPPORTIVE

WELCOMING

CARING

FRIENDLY

HELPFUL

COMPASSIONATE

Website & Social Media



Mental Health Supports in Mayo

Your mental health belongs to you. Mind it, Share it, but, above all, don't hide it.

24hr Services/Helplines

Emergency Services	999 or 112
50808 - Text About It	Text: HELLO to 50808
Childline	Text: Talk to 50701 1800 66 66 66
ISPC TeenLine	1800 833 634
National LGBT+ Helpline	1800 929 939
Pieta House	Text: HELP to 5144 1800 247 247
Rape Crisis Helpline 24hr	1800 77 8888
Samaritans 24hr	116 123

National Supports

Belong To LGBTIQ+ Support	www.belongto.org	Office: 01 670 6223
BodyWhys Eating Disorder Support	www.bodywhys.ie	Office: 01 2834963 Helpline: 01 2307906
SpunOut Youth Information	www.spunout.ie	

SCAN ME



Local Supports

Mayo Mental Health Association	www.mayomha.ie	Castletbar: 094 90 38148 Ballina: 036 71492
Mindspace Mayo (Ballina & Erris Outreach)	www.mindspacemayo.ie	Ph: 094 90 67001 Text: 086 1844995
Family Resource Centres (FRC's) Family and Community Support		Ballina: 036 75573 Ballinrobe: 094 95 42908 Castletbar: 094 90 25900 Claremorris: 094 53 62096 Westport: 098 24493
Foroige Youth & Family Support	www.foroige.ie	096 22012
Helplink Counselling, Information & Education	www.helplink.ie	0818 99 88 80
Knock Shrine Counselling Service		094 93 75032
Mayo Rape Crisis Centre		FREEPHONE: 1800 234 900 094 90 25657
Pieta House (Ballina Outreach)	www.pieta.ie	033 25586
Under 18s Drug & Alcohol Service		087 339 5522
West Be Well	www.westbevell.ie	

If you are worried that you or someone you know is at risk of suicide or self harm, you should immediately contact your local GP or go to your nearest Accident and Emergency Department.

Powered by HSE Methodology Gateway

9,234
Followers

3,005
Followers

2,148
Followers

267
Followers

15,883
www.mindspacemayo.ie
Unique visitors 2023



An tSeirbhís Páirceanna Náisiúnta & Fiadhúlra
National Parks & Wildlife Service

In 2023 Mindspace's social media presence went from strength to strength with our number of followers climbing steadily. Our social media platforms are a key channel for engaging with our followers and promoting positive mental health.



Wild Nephin National Park Team Day

Mindspace Merchandise



Thank You

In 2023 we provided our vital mental health support to even more young people in Mayo. We couldn't have done any of this without some truly amazing people, including our youth panel, supporters, volunteers, and staff.

We would like to say a huge thank you to everyone who has helped us to make a real difference to young people's mental health over the past year in particular supporters in the HSE & Mental Health Ireland.

We wouldn't be where we are today without your help!

We look forward to making Mindspace a better service for young people in 2024.

TOGETHER WITH



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Mental Health
Ireland

BE A GAME CHANGER

5 WAYS TO START A CONVERSATION

Are you worried a friend or loved one is struggling?
#BEAGAMECHANGER and try these top tips to get the conversation started



Don't doubt yourself

Trust your gut, if you think something's not right it's important to ask



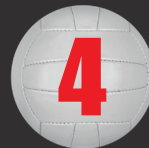
Listen

Take what they say seriously and don't interrupt or rush the conversation



Open up

Your experience can give people confidence to talk



There's lots of ways

Face to face, over text or online



Ask twice

"Are you sure you're ok? As you don't seem yourself?"

#BEAGAMECHANGER



**MIND
SPACE**
young people's
health matters **MAYO**



Your Mental Health and Wellbeing Matters

At Mindspace, we believe everyone has the right to access mental health support when they need it, to help resolve issues, develop coping skills and enjoy life to the fullest.

We make mental health services easily available within the community.

Call: 094 9067001

or visit: www.mindspacemayo.ie

email: info@mindspacemayo.ie

Mindspace Mayo is in compliance with the Charities Governance Code.

MINDSPACE

young people's health matters

MAYO

Mindspace Mayo

Registered Company number in Ireland: 523391

CRA number: 20141103

Charitable status: CHY 21461