

## How can you be referred?

- You can be referred by a healthcare professional, such as your GP, a Speech and Language Therapist, Occupational Therapist or Public Health Nurse.

## What happens if you get referred?

- We arrange a one-off consultation appointment after receiving your referral.
- We will listen carefully and take your problems seriously.
- We will work together to help you make sense of your difficulties and find better ways to manage them.
- We will decide with you which type of support would be most helpful. This may include options within our service or broader community.
- If further sessions with our service would be helpful, we will add your name to our waiting list and contact you for further sessions at a later date.

## What can you expect when meeting a Psychologist?

- A talk with a psychologist is confidential.
- Information is only shared with specific individuals in situations where there is a concern for you or others' safety.
- Sometimes, with your permission, we may link with other healthcare professionals to make sure you are best supported.

## Where can you find out more?

For details of where our talks, classes and clinics are taking place, please see [www.parentingsupport.ie](http://www.parentingsupport.ie) or [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) or contact your local Primary Care Centre or library.

## Where are we?

Athy Health Centre, Woodstock Street,  
Athy, Co Kildare  
Ph.: 059 8633500

**Catchment Area: Athy and Baltinglass**

Kildare Primary Care Centre, Dublin Road,  
Kildare town, Co Kildare  
Ph.: 076 695 8500

**Catchment Area: Kildare Town, Monasterevin  
and Rathangan**

Vista Primary Care, Ballymore Eustace Road  
Naas, Co. Kildare  
Ph.: 045 – 986 821

**Catchment Area: Naas, Kill and Blessington**

Blessington Primary Care Centre, McGreals  
Primary Care Centre, Blessington Business Park,  
Blessington, Co. Wicklow

Ph: 076 6957800

**Catchment Area: Naas, Kill and Blessington**

Newbridge Primary Care Centre  
Aras Slainte, Station Road  
Newbridge, Co. Kildare

Ph: 045 – 491 900

**Catchment Area: Newbridge and Kilcullen**

# Primary Care Psychology Service Information Leaflet



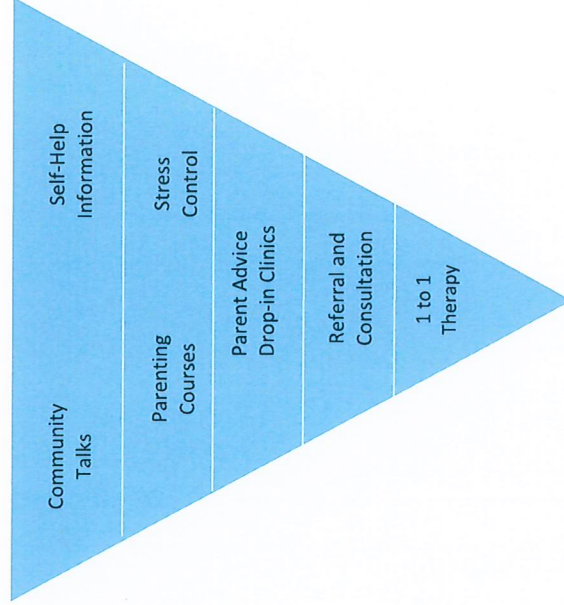
Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Kildare and West  
Wicklow**

## What is the Kildare and West Wicklow Primary Care Psychology Service?

- Our service offers support to people of all ages – children and adults - with mild to moderate psychological issues.
- We offer many interventions depending on the level of support a person needs.
- We aim to help as many people as we can. Much of our support is offered without the need for a referral to the service.

### ○ This is called a **Stepped Care Approach**:



- **Lots of people** come to our community talks and access self-help information.
- **Many people** come to our Parenting courses, Stress Control classes and Parent Advice Drop-in Clinics.
- **Some people** are referred for, and attend, a consultation and individual therapy.

## What can we help with?

### Adult Difficulties:

- Mild to moderate low mood/depression
- Stress / anxiety
- Coping with physical illness / disability
- Bereavement or loss
- Impact of difficult life events
- Interpersonal / Relationship difficulties
- Parenting difficulties

### Child Difficulties:

- Behavioural difficulties
- Anxiety
- Difficulties managing feelings
- Difficulties with concentration and attention
- Mild difficulties relating to disability
- Social and interpersonal difficulties
- Relationship difficulties between parent and child



## What Services do we offer?

### Self-Help Information

- Sometimes, we may offer support by guiding you towards self-help reading.
- We have worked with Kildare Libraries to develop *Shelf Help*. This is a list of books to help you cope with different problems.

### Community Talks

- We deliver workshops and talks across Kildare and West Wicklow.
- These talks offer strategies to help you improve your mood and wellbeing, manage your stress or develop your parenting skills.

### Stress Control classes

- Stress affects us all. Our 6-week Stress Control course teaches coping strategies to help you manage stress. All adults are welcome to attend.

### Parenting Courses

- We offer regular parenting classes to help support parents develop skills to help their child. These courses are open to everyone.

### Parent Advice Drop-in Clinics

- In areas where there is a Primary Care Psychology Service, a regular Parent Advice Drop-in Clinic is offered where you can seek advice about a concern or query you may have about your child.

**\* At present, Clinics are only available to parents living in the catchment areas listed in the 'Where are we?' section overleaf.**

### Individual Therapy Sessions

- Sometimes, people may need more support and can be referred for individual therapy. The number of sessions is limited.

**\* At present, individual therapy is only available to those living in the catchment areas listed in the 'Where are we?' section overleaf.**



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## Parent Advice Drop-in Clinic

### What is it?

- The Primary Care Psychology Service offers a free advice clinic for parents/carers who would like advice from a psychologist about any aspect of parenting.
- Parents come to the clinic with many different questions. Some of these include 'how do I deal with my child's behaviour?', 'how do I help my child with her worries?' or 'how do I help my child sleep better?'
- Some parents come because they have concerns about their child's development and wonder if they should seek a referral to another service.

### Where and when is it?

- The Clinic is held in **Vista Primary Care (second Floor)**, Ballymore Eustace Rd., Naas, **EVERY Wednesday morning from 10.00 a.m. until 12.00 pm**
- And **Blessington Primary Care Centre**, Blessington Business Park, Blessington, on the **last Tuesday** of every month from **9.30 a.m. until 11.30 a.m.**

**Please phone 045 986800 (Naas) and 0766957800 (Blessington) in advance to confirm the clinic is running on any given week as it can be impacted by leave or other commitments**

### How does it work?

- Please come to the clinic **without** your child. This allows you to discuss your concerns with the psychologist freely and honestly.
- As it is a Drop-In Clinic, you do not need an appointment. The Clinic operates on a **first come, first served basis**.

- Each clinic has four slots of 30 minutes.
- You will meet a psychologist on a 1 to 1 basis. You will not be asked to discuss your concerns with other parents/carers.

### **What do I need to do?**

- On the morning of the clinic please ask for an Advice Clinic slot at reception. Reception is on the second floor in Vista Primary Care Centre and at the front desk in Blessington Primary Care Centre.
- You will be given an envelope in which you will find a form to complete. If you are one of the first four people to arrive, you will be told the time of the slot when you will be seen.
- Feel free to wait or leave the building and return before the time of your slot (the time will be written on your envelope).

### **What happens then?**

- You will be called by a psychologist at the time on your envelope.
- When you meet a psychologist, you can discuss your question/ concern.
- You will be offered advice on ways to deal with your concern.
- You may also be offered some written suggestions.
- You can come back to the Advice Clinic as often as you like.

Please note, that as there are just four slots, it is not possible to be seen if the four slots have been allocated before you arrive. You can of course return to the next clinic in the hope of being on time to get a slot.

This is a **free** and **confidential** service delivered by HSE Primary Care Psychology Service for parents living in the **Naas, Kill, Sallins, Johnstown, Caragh, Blessington, Rathmore, Ballymore Eustace areas.**