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

- Our service offers support to people of all ages – children, adults and older 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:

   - Community Talks
   - Self-Help Information
   - Parenting Courses
   - Stress Control
   - Parent Advice Drop-in Clinics
   - Referral and Consultation
   - 1 to 1 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.*
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 the 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 or 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, Baltinglass and Dunlavin

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 – 986 873
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

Kildare and West Wicklow