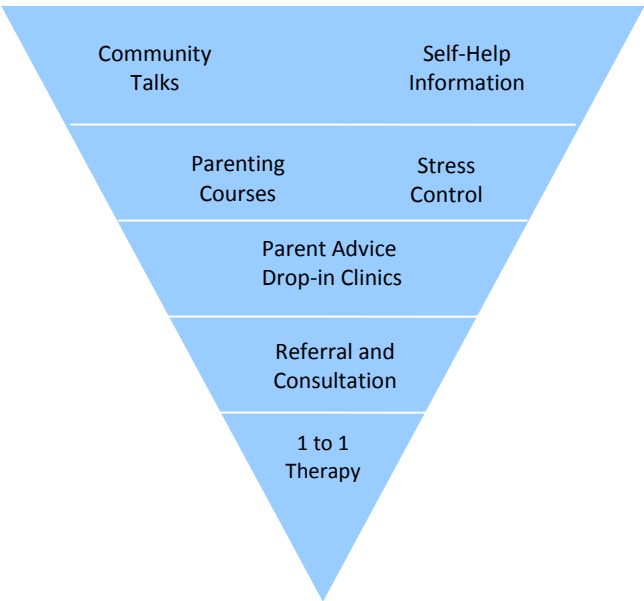


## What is the Kildare and West Wicklow Primary Care Psychology Service?

- 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:**



- **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.**

## 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](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, 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