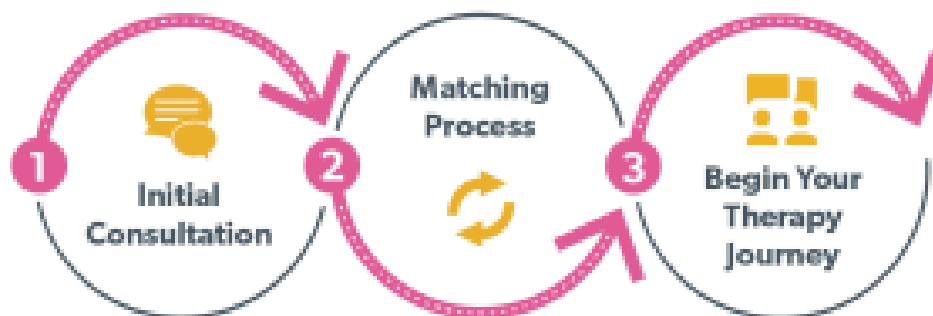


Your Initial Consultation

Starting your mental health journey can feel challenging. When you are struggling with something and looking for support, it can be hard to know where to start. This is why we make the beginning steps as easy as possible by providing an initial consultation appointment.

How It Works

Our initial consultation is designed to ensure that you receive the most suitable and effective treatment.



Initial Consultation: Your first appointment with one of our trained clinicians. During this session, the clinician will speak with you about what brings you to therapy, what you may be struggling with, and what your experiences of this are. Your first session will also involve gathering a general history of the issues that you are experiencing, as well as an understanding of what factors may be influencing your experiences both in the past and the present. Following this, what positive change will mean for you and how this will be recognised both inside and outside of sessions will also be discussed.

Matching Process: Within 2 days of your initial consultation, we match you with the most appropriate treatment approach, service and therapist. Your individualised treatment is carefully tailored to your circumstances to ensure the most effective results.

Begin Your Therapy Journey: Here, the active intervention process of therapy will begin via your individualised treatment plan. This will typically require a number of subsequent sessions, with your assigned therapist checking in with you at each point to ensure that treatment is moving in an effective and positive direction, and that your symptoms and overall mental health are improving.

Benefits of the Initial Consultation

- Avoid the feelings of overwhelm and confusion that may come with knowing where to start and what therapists to choose – we take care of all of this for you
- Feel confident that you are going to receive the most suitable therapeutic treatment and level of care for your needs
- Receive specific and tailored recommendations from our senior clinical team
- Know what to expect from therapy if it's your first time
- Be assured that our services are right for you.

Can I attend my initial consultation remotely (online)?

You can choose to have an initial consultation in person at one of our nationwide clinics or online – whatever is most convenient for you.

Matching you with the right mental health professional and service for you

Our 'matching' approach ensures that your treatment plan is in line with best practice recommendations, giving you access to a wide range of experienced mental health professionals including Psychologists, Psychotherapists and Family Therapists.

The high standards of care delivered by our therapists is assured as they are all accredited with the relevant professional bodies and guided by our clinical governance team.

What if Centric Mental Health is not the right service?

While it is not very common, in a small number of cases an initial consultation may indicate that our service does not offer the level of support that you need at the present time. We provide mild to moderate, generalist mental health services and may not have the correct resources to adequately support your needs.

In this case, we will clearly explain the rationale for this and will offer you guidance around the appropriate specialist services and how to access them.

Sometimes the difficulties that people are facing require access to a broader more specialised support team, including a medical doctor, psychiatrist or other key professionals. Our team may not be able to provide this support and in this case would not be a suitable service. If any of the following points apply to you, we may not be the appropriate service and would advise that you access mental health support directly through your own GP or other services indicated below.

1. Are you in crisis at the moment or have concerns that you might be at risk of harming yourself?

Unfortunately, Centric Mental Health is not a crisis service and as such cannot provide the support needed. If you are currently at risk of harming yourself please contact Pieta House at 1800 247 247 or text HELP to 51444. If you have immediate concerns for your safety please contact emergency services.

2. Do you use any substances that have a significant negative impact on your day-to-day functioning?

Unfortunately, Centric Mental Health is not the appropriate service for addressing substance use issues. The National Drug and Alcohol Helpline can be a helpful resource in connecting to such services and can be contacted at 1800 459 459 or at www.drugs.ie. Your GP may also be a helpful resource for referral.

3. Are you seeking support out of concern that you might be seeing or hearing things that aren't there?

Unfortunately, Centric Mental Health does not have the capacity to provide services for some presenting issues. Your GP will be better positioned to refer you to the most suitable resources or services.