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MyMind
Centre for Mental Wellbeing

MyMind at Work Brochure 2018

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About Us

Introduction to MyMind



Organisation Overview

- MyMind Centre for Mental Wellbeing was founded in 2006 as a not-for-profit community based provider of accessible mental health care
- We have centres in Dublin, Cork and Limerick that provide a wide range of clients with counselling and psychotherapy services
- Revenue generated from full fee clients is reinvested into the organisation, enabling us to provide services affordable to all



Our Vision

Everyone has quick and easy access to affordable mental health services

- **Fast:** Your first appointment with MyMind can be within 72 hours. You can contact us directly and manage your own appointments
- **Affordable:** MyMind offers a pay scale to clients according to their employment status
- **For everyone:** MyMind provides both face to face and online support in up to 15 different languages



Our Purpose

- **To pioneer a new and sustainable model of community based and online mental health services that are accessible and affordable to everyone**
- Our work addresses a huge social need, providing proven positive outcomes for those impacted by mental health issues
- We are focused on early intervention so people have the best chance of getting back to a positive frame of mind sooner and with lasting results

What We Do

What do we do and how do we do it

What we do

- Provide affordable and easily accessible mental health services for **everyone**
- Our therapists work with adults, children, adolescents, couples, those on low income, students, migrants
- MyMind has a team of more than **75** mental health professionals providing services in **15** languages
- MyMind breaks down the barriers to better mental health, bypassing the need for clinical referral, long waiting lists and high cost services
- MyMind offers online support via email and video chat, providing accessible and affordable services to anyone who needs support
- MyMind has integrated digital technology with mental health services to meet growing needs and lead the way for better mental health in the future



How we do it

Face to face: MyMind is able to provide face to face services from our **four** centres nationally in Dublin, Limerick and Cork

Online: MyMind offers the option of online therapy sessions via video chat. Through online sessions, the client is able to have regular therapy sessions from the privacy and convenience of their own **home**. Our team also offer free support via email and instant chat

In the workplace: MyMind at Work offers packages of therapy sessions to companies for their employees. These packages are ideally suited to small to medium sized companies: packages contain **six** sessions with one of our counsellors or psychotherapists, allowing companies to buy sessions as they're needed by employees.

Our Services

Wide range of services from CBT to mindfulness and treating a number of issues. Both lists below are non-exhaustive given the complexity of mental health issues

Services we offer

- **Cognitive Behavioural Therapy (CBT):** Focuses on behavioural patterns that have a negative impact on mood
- **EMDR:** Uses eye movements or other forms of bilateral stimulation to assist clients in processing distressing memories and beliefs
- **Gestalt Therapy:** Client gains self-awareness in the 'here and now'
- **Humanistic Psychotherapy:** A non-judgemental approach and environment
- **Mindfulness:** Intentionally paying attention
- **Person-Centred Therapy:** Client becomes able to see himself as a person, with the power and freedom to change, rather than as an object
- **Psychoanalysis:** Used by clients suffering high levels of distress
- **Psychodynamic Therapy:** Focuses on difficulties arising from early childhood that remain unresolved
- **Systemic Therapy:** Seeks to address people not only on the individual level, but also as people in relationships, dealing with the interactions of groups and their interactional patterns and dynamics

And many more

What we treat

- Anxiety
- Depression
- Personality Disorders
- Addictions
- Stress
- Anger
- Self-esteem Issues
- Relationship Difficulties
- Bereavement
- Bullying
- Eating Disorders
- Self Harm
- Trauma
- Sleep Disorders



Our People

Our team is fully qualified in their field. We have a team of more than 75 therapists working with us.

Anna Kocon

CBT, Humanistic-Integrative, Existential,
Person-Centered Therapy,
Cognitive-Behavioural Therapy (CBT)



Anna Kocon obtained her Master's Degree in Psychology with the Clinical Specialty at Opole University, Poland. She is also a member of Psychological Society of Ireland. She has worked with children with serious illnesses and their families, as well with people who suffer from mental disorders, addictions and homelessness. In her practice she has also had the opportunity to work with grieving parents and siblings.

Andrea Nagy

Art Therapy, Fertility



Andrea Nagy is a professionally qualified creative Art Therapist and Fertility Counsellor. She is a fully registered member of the Irish Association of Creative Arts Therapists (IACAT), and the Irish Fertility Counsellors Association (IFCA) and adheres to their codes of ethics. Andrea qualified as an Art Therapist in 2012 and holds a Masters degree in Psychology graduated in 2007.

Anna Ibars Verdaguer

Clinical Psychology, Humanistic –
Integrative, Emotional – Focused
Therapy, Attachment



Anna Ibars Verdaguer holds an Undergraduate Degree in Psychology from Universitat Ramon Llull (Spain) and a Master's Degree in Clinical and Health Psychology from University of Barcelona. She is a Graduate member of the Psychological Society of Ireland and she attends regular supervision as part of her professional work.

Patrick Fitzgerald

Counsellor, CBT, mindfulness,
integrative



Patrick Fitzgerald is a passionate and active member of the mental health scene in Limerick. He has a BA (Hons) degree in Counselling and Psychotherapy from ICHAS in Limerick. Therapy should be readily accessible by everyone from all walks of life. Patrick works drawing from two aspects being mindfulness and CBT.

Benefits of Minding Your Mental Wellbeing

We all look after our physical health but sometimes mental wellbeing is neglected

- Boost mood
- Higher morale
- Less stress
- Improve sleep
- Higher self-esteem
- Better resilience and ability to deal with life's curve balls
- Reduce negative thoughts
- More energy



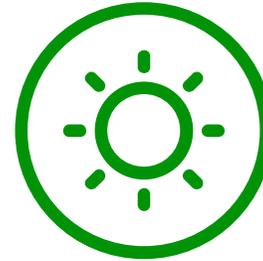
A Happy



Mind



Is Key



to a



Happy Heart

- Better relationships
- Less risk of high blood pressure and other stress-related illnesses
- Less worry and anxiety
- Prevent depression
- Increased productivity
- Better work and home life
- More confidence in social and stressful situations
- Better ability to deal with loss or bereavement

Maintaining Good Mental Health

There are a number of things **you** can do every day to keep your mind healthy

Nutrition

Ensure you are adhering to a healthy and balanced diet and that you are staying hydrated



Exercise

Ensure you are getting at least 30 minutes of exercise three times a week – even just a short walk!



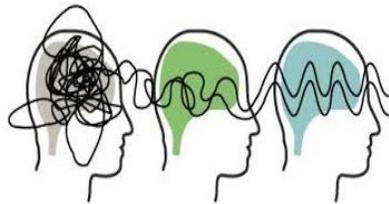
Sleep

Aim to get 8 hours of sleep a night – put the phone away when you're in bed and get some proper rest!



Mindfulness

Take some time out of your day to sit back and breath – focus on what you are doing and why you are doing it



Relationships

Spend more time with people who help you feel energised and less with those that wear you down



Write It Down

Keep note of your mood on a day-by-day basis – this will help identify patterns to prevent future low moods



MyMind at Work

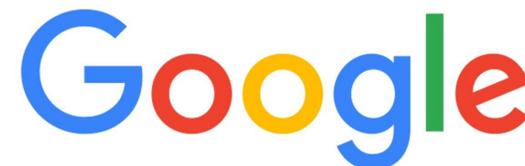
We work with SME's across Ireland to improve employee wellbeing

What is it?

- ✓ **Employee support:** Emotional wellbeing in the workplace can have a big impact on your productivity and job satisfaction. MyMind has developed a package of 6 counselling sessions that employers can purchase for their employees.
- ✓ **Value for money:** This package costs €255 for six 50 minute therapy sessions
- ✓ **Flexibility and multi-channel:** This package offers employers the flexibility to respond to their team's needs and gives employees the opportunity to select which mental health professional they meet with. Employees can avail of counselling face-to-face at one of our four centres or online, no matter where they're living in Ireland.
- ✓ **Employee confidentiality:** The scheme is fully confidential. Employers do not see what employees are attending counselling. In order to manage the budget, the employer is provided an online key which will show how much money / sessions are left in the budget.

Who we work with

We work with a range of clients in providing MyMind at Work



MyMind at Work

A quality service at competitive prices

Offering	Cost €
6 Therapy Sessions	255
90 Minute Workshop	295
Half Day Workshop	595
Full Day Workshop	995

What sets us apart:

- Multiple locations and the availability of videoconferencing therapy services
- Multilingual team of counsellors
- Quick access to mental health professionals
- Fully confidential service which is tailored to the needs of the individual
- Focused on early intervention, no individuals needs are too big or too small

Benefits of MyMind at Work

Happy people equal happy workers

By recognising the needs of your staff, this can lead to happier, healthier workplace which in turn leads to a more productive workplace. Benefits you can expect to see from working with MyMind include:



Improved morale – Other corporations have found that investment in employee health and happiness has led to a spike in employee morale. Google noted a 37% increase in employee satisfaction following investment in employee health and happiness.



Increased productivity – Happy employees are more motivated employees and this in turn has been shown to improve employee productivity. A recent study by economists at the University of Warwick found that employee happiness led to a 12% spike in productivity, while unhappy workers proved 10% less productive.



Improved company profile – Increased employee satisfaction resonates in the market and can enhance your company's ability to attract new joiners.



Safe space – MyMind will provide your staff with a confidential, friendly and understanding environment in which to express their thoughts and emotions.



Flexibility – We have offices in four locations; Limerick, Cork, North Dublin and South Dublin, in which your employees can attend. If these locations are not suitable, we have a videoconferencing function available.



Workshop offerings – We can provide focused workshops to groups in areas such as stress management, mindfulness and emotional resilience.

Testimonials

We have a strong reputation with our clients

“MyMind at Work gave us concrete, tangible takeaways to work into a busy schedule.”

Global not-for-profit

“ Really excellent service - understanding therapy in a very non-judgemental environment.”

Client - Limerick

“I would like to see this type of support more often”

Leading global beverage company

“MyMind at Work reminded me of the importance of mental health”

International pharmaceutical company

“ I found the service exceptionally good, well run and would recommend highly.”

Client - Cork

“ MyMind has helped me become comfortable in my own mind. We talked me into seeing that life was full of hope and possibility.”

Client - Dublin south

Enablers to Success

Identifying enablers to mental health programme success

Mental Health Champions

- Assign individuals within each area of your organisation to promote happiness and wellbeing within their area.
- Designate the champions as a point of contact for information on upcoming events but inside and outside the organisation.

Firm Initiatives

- Events such as a designated organisation wide mental health week can help focus employees on the importance of mental health.
- Fundraisers for mental health charities or initiatives can help raise awareness whilst promoting more staff interaction within your organisation.

Open Communication

- Information briefings can better help employees understand the services available to them and how they can be accessed.
- Email updates with regards to the level of uptake on the MyMind service can be beneficial and alert employees to any available openings in accessing the service.

Promoting MyMind in your organisation

Buy-in from leadership will be key to the success of the programme

Channels of communication

- Circulation of emails to staff members advising them of the service.
- References to the MyMind website mymind.org and a high level overview of what the service entails.
- Information briefings to staff provided by MyMind on the service offering available.

Leadership buy-in

- Business leaders should be briefed on the MyMind service offering to have a clear understanding of it.
- Communication of the service offerings should come from the top-down.
- Business leaders should attend information briefings and actively encourage employees to consider their health and happiness.

Understanding the benefits

- Promotion of the benefits of a happy, healthy work environment.
- Placing emphasis on the qualifications and experience of the MyMind counsellors.
- Making staff aware of the flexible range of counselling services available that can be tailored to the individuals needs.

Contact Us



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