Dear Stephen,

We have been approached by this group MyMind to circulate this information to Lions Clubs.

If any Lions Club wishes to take this further. Please make direct contact with MyMind.

Pat Connolly. +35387 3554400

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MyMind Centre for Mental Wellbeing

MyMind Centre for Mental Wellbeing was founded in 2006 as a not-for-profit community based provider of accessible mental health care.

We now have centres in Dublin (D1 and D6), Cork and Limerick, providing a wide range of clients with counselling and psychotherapy services.

MyMind charges our client’s fees based upon their employment status, allowing the unemployed or full time students to access our services at reduced rates. The revenue generated from our full fee clients is reinvested into the organisation, enabling us to provide services that are affordable to all.

It is easy for a client to self-refer to MyMind, appointments are usually made within 72 hours of a client contacting our office. Additionally, MyMind has a multidisciplinary, multicultural team that is able to provide services in more than ten languages, enabling us to serve the migrant population.

We would love to tell you more about our services, and to share our knowledge of mental wellbeing in general.

We would be very happy to visit your club at a time that suits your members, to give advice on how to get the right support if or when needed, and answer any questions your members have about how to mind their own and their loved one’s mental wellbeing.

Alternatively, we can send the Club information on our services and how to access support if needed.

To get in touch with a member of the MyMind team, please call HQ at 076 680 1060 or email our Communications Officer Carmen Bryce at communications@mymind.org or cbryce@mymind.org. Visit mymind.org for more information.

Carmen Bryce Communications Officer