



# Depression Recovery Programme



## **Who is the programme for?**

The Depression Recovery Programme is aimed at service users living with depression or symptoms associated with depression. The programme offers the opportunity to gain an understanding of depression, equipping the service user with the tools necessary to effectively manage their symptoms and improve their quality of life.

## **How are referrals made?**

Admission to this programme is through a referral from your consultant or your consultant's multidisciplinary team. Following the referral, you will be contacted by a member of the mood disorder team and attend for an initial assessment.

GPs can also refer directly to the programme using referral forms on [stpatricks.ie](http://stpatricks.ie), or by contacting the Referral and Assessment Service by email at: [referrals@stpatricks.ie](mailto:referrals@stpatricks.ie) or Tel: 01 249 3635.

## **Who runs the programme?**

The programme is run by a team of mental healthcare practitioners, including cognitive behavioural therapists and psychiatric nurses with a wide range of experience and knowledge. There are also contributions from members of the multidisciplinary team including a consultant psychiatrist, occupational therapist, pharmacist and social worker.

## **What is the structure of the programme?**

The programme is currently held online via Microsoft Teams. Assistance with online attendance is available for those who require it.

There are two elements of the programme:

- Depression Recovery Programme
- Depression Programme Aftercare



## **Depression Recovery Programme**

**10.00am to 4.30pm**

The Depression Recovery Programme is a 10-week psychotherapy group programme. It combines approaches from CBT and compassion-focused therapy. Sessions are led by cognitive behavioural psychotherapists and nurses with expertise in depression, group therapy, CFT, and mindfulness.

## **Depression Recovery Aftercare**

**Friday 9.30am to 1.00pm**

This aftercare group supports you to continue your recovery by challenging the unhelpful thinking and behaviours which could leave you more open to a recurrence of depression or, over time, continued difficulties when life challenges arise. It also allows you to practice skills to be able to identify early warning signs of setbacks and to prevent relapse.

The depression aftercare group will continue to support service users in maintaining a healthy, active lifestyle and practice skills learned during the Depression Recovery Programme using CBT principles.

The aftercare group takes place for a half day on a Friday morning.

[www.stpatricks.ie](http://www.stpatricks.ie)

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