

## **MyMind (<https://www.activelink.ie/node/110479>)**

We are a non-profit in operation since 2006, providing affordable and/or free psychotherapy and counselling services face to face across 9 locations in Ireland and online in 25 languages. Our fees are on a sliding scale, based on client income, with profits from our standard rate appointments (€60 for 50 minutes) used to facilitate low cost (€30) appointments for students, retirees, and anyone earning less than €25,000 per annum. We also provide free appointments for selected groups, which have recently included displaced Ukrainians, homeowners affected by Defective Concrete Blocks, and International Protection Applicants. For more information see [www.mymind.org](http://www.mymind.org) (<http://www.mymind.org>).

### **Mission Statement:**

To positively change lives by providing professional, affordable, accessible therapy to anyone experiencing mild to moderate mental health challenges.

### **Aims & Objectives**

MyMind has created a unique movement for community-based mental health services that work towards giving every person in Ireland equal access to mental health support early, affordably, directly, and without stigma or delay. Our vision is for an Ireland where no one faces mental health challenges alone.

#### **Areas of Work:**

MyMind provides face to face mental health services from three Dublin locations (Dublin 1, Dublin 6, and Dublin 8), Cork, Limerick, Carlow, Mayo, and Wexford, with a new location in Galway City opening in September. We also provide counselling and psychotherapy online through video in 25 languages.

#### **Contact Info**

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