



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Access to
Psychological
Services Ireland

Information for Referrers

Inclusion Criteria:

APSI is a **free** service. Service users must be **over 18** and resident in **County Roscommon**. Service users **do not** require a medical card.

Suitable for APSI	Not Suitable
<p>Mild to moderate* presentations with low risk, or aftercare post-risk including:</p> <ul style="list-style-type: none"> • Depressive disorders (mild-to-moderate) • Low risk of suicide (no intent or plan) • Anxiety disorders (e.g. Generalised Anxiety Disorder, Panic Disorder, Social Anxiety, Health Anxiety) • Stress • Low self-esteem • Interpersonal difficulties • Coping with physical illness • Bereavement and non-complex loss • Problems of adjustment • No inpatient admission, self-harm or suicide attempt/intent in last 3 months 	<p>Moderate* to severe presentations or active risk including:</p> <ul style="list-style-type: none"> • Severe and chronic unipolar depression • Moderate-to-severe risk of suicide. • Bipolar Disorder • Obsessive Compulsive Disorder • Severe & chronic anxiety (e.g. complex PTSD) • Schizophrenia and related disorders • Substance abuse/dependence • Personality and behavioural disorders • Cognitive impairment • Dementia • Eating disorders • Somatoform disorders • Inpatient admission or suicide attempt in last 3 months.

*Moderate presentations may be referred to APSI. However, if the presentation has a level of severity and complexity that suggests low intensity psychological interventions (e.g. guided self-help, brief CBT) may be inappropriate, please refer to secondary care mental health services or appropriate alternative services.

**Please note if they are receiving support from (or have received support in the last 6 months) another service such as Secondary Care Mental Health, TUSLA, Forensic Service or any other specialist service, a referral from that specific service is required. If they are no longer with the service, a referral from their GP is required to determine whether APSI is the most appropriate service to meet their needs.

Referral Pathways

- Referral by GP or other health professionals. Please complete a referral form and send it to us by the following means:
 - Postal address: **Access to Psychological Services Ireland (APSI), Psychology Department, Primary Care Centre, Golf Links Road, Roscommon**
 - Email address: martina.hughes@hse.ie

If you have any queries about the referral process or the service, please do not hesitate to contact us on **090 666 5020**.