



## Hampstead Clinic Services – Mental Health Inpatient Unit

**The Hampstead Clinic** incorporates our general adult mental health services, including an acute **Inpatient Unit** and separate acute **Day Hospital** programme. Located on the grounds of Highfield Healthcare, conveniently situated near to Dublin City centre and the M50. There are wide open spaces and mature grounds which are designed to support recovery and well-being.

### Inpatient Unit

Opened in June 2012, the Hampstead Clinic inpatient unit has currently 10 single en-suite bedrooms with modern, spacious therapy rooms to ensure comfort and privacy. There are communal spaces with a large resident day room and group therapy area. There are ample spaces to receive visitors. A range of group and individual therapies are offered following

assessment with an individualised care plan devised for each person.

### Multidisciplinary Team Assessment

The Inpatient Unit is staffed by a Multidisciplinary Team (MDT) consisting of a Clinical Psychologist, Social Worker, Nurse Therapist, Occupational Therapist, Cognitive Behavioural Therapy and led by our Consultant Psychiatrists. At the initial stage of treatment, each patient is evaluated by the MDT. The purpose of this evaluation is to gain an in-depth insight into the patient's individual needs resulting in an integrated Care Plan jointly agreed with the patient. In this way we can ensure the delivery of a *person-centred approach* to treatment, care and recovery. Further assessments are carried out on a weekly basis and focused on setting and meeting realistic goals towards recovery.

### Admission Process





## Treatments

We specialise in providing treatment and care for a range of acute mental health difficulties, with a particular expertise in the following:

- Depression
- Anxiety disorders
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar Affective Disorders
- Psychosis
- Comorbid depression and alcohol dependency syndrome
- Obsessive Compulsive Disorder (OCD)

We do not provide specialised care for:

- Primary alcohol or drug dependency
- Eating Disorders
- Sexual Disorders
- Dementia and behavioural problems (this is provided in our Highfield Private Hospital)

## Health Insurance

The Hampstead Clinic Services are covered by all the major private health insurers.

## Access to the Hampstead Clinic – Inpatient Service

General Medical Practitioners who wish to refer patients may do so by accessing our online Referral Form on the Highfield Healthcare website [www.highfieldhealthcare.ie](http://www.highfieldhealthcare.ie). Alternatively, you can fax through your completed referral to Fax No: 01-886-5492.

For enquiries from members of the public please phone 01-886-5454 to speak to the Clinical Nurse Co-Ordinator or visit our website for further information on services provided and support available.

Once the referral is made by your GP or medical team, we will be in touch with you to arrange your admission date.

## Contact

For admission details and further information please contact the **Clinical Nurse Co-Ordinator** directly at:

**DDI:** 01-886-5454

**Main Reception:** 01-837-4444 ext 8131

Or visit our website at [www.highfieldhealthcare.ie](http://www.highfieldhealthcare.ie)

