



Counselling services for community pharmacists

The HSE is working with MyMind to provide mental health services for Community Pharmacists.

MyMind offers confidential counselling and psychotherapy and psychological services online or over the phone. Services are provided by mental health professionals experienced in dealing with a wide range of issues such as stress, depression, anxiety, self-esteem and communication issues, burnout, anger, bereavement and many more.

As a Community Pharmacist, you can use up to 6 free appointments between now and 30th of November 2020.

Booking an appointment with MyMind

1. Visit <https://mymind.org> and click 'Get Started'.
2. Follow the registration steps on the screen to book the appointment.
3. Use the code **OLV-77508-ZKK** at the final booking screen, when you select hour of your appointment.

If you already have an account with MyMind, just log in to your dashboard <https://mymind.org/login> and under the 'Redeem Code' tab, enter **OLV-77508-ZKK**.

Privacy

The counselling sessions will be provided by MyMind, and no personal information in relation to your therapy at MyMind will be disclosed or discussed with your employer.

Contacts

Phone: 076 680 1060

email: hq@mymind.org

website: mymind.org