



ANNUAL REPORT

2025

MyMind is putting Ireland at the
forefront of mental health innovation.

mymind.org

MyMind was the first not-for-profit mental health care provider in Ireland to offer its services both face-to-face and online. MyMind works to offer professional, affordable counselling and psychotherapy supports that are easy to access, without delay and within the community, to every person in Ireland experiencing mild to moderate mental health challenges.

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01 Message from our Chairperson



Dear Friends of MyMind,

As we reflect on 2025, it has been a year defined not only by delivery and impact, but by transition. Periods of change bring both uncertainty and opportunity, and this year we have experienced both in equal measure. Through it all, MyMind has remained focused on what matters most: ensuring that those who turn to us receive the support they need, when they need it.

Over the past year, the organisation has continued to meet a growing demand for accessible mental health services across Ireland. The scale of that need is evident throughout this report, but as always, it is important to look beyond the numbers. Each appointment represents a person reaching out, often at a difficult moment, and placing their trust in MyMind. That trust continues to guide everything we do.

This year also marked the departure of our CEO, whose leadership has contributed significantly to the development of MyMind and its impact over the years. I want to acknowledge the extraordinary effort of those who have stepped forward across the organisation. To our leadership team, staff, and mental health professionals, thank you for the way you have responded. You have ensured that our clients continued to receive the highest standard of care, that our partners experienced the quality of engagement they expect from MyMind, and that our wider stakeholders saw the professionalism and integrity that define this organisation. That consistency,

particularly in a period of transition, speaks volumes.

Nor have we stood still. This year also saw the continued expansion of our services, with new MyMind Local locations bringing accessible mental health support into more communities across the country. We were also proud to partner with the HSE on a targeted initiative to expand access to mental health supports for men, reflecting the growing importance of early and inclusive intervention. Our foundations are strong, and we now look ahead with confidence to the appointment of a new CEO, who will lead the next phase of MyMind's journey at a time when the need for what we do has never been greater.

As always, I want to extend my thanks to our staff, our mental health professionals, our partners, funders, and all those who support and believe in MyMind. It is through your collective effort that we continue to make a meaningful difference.

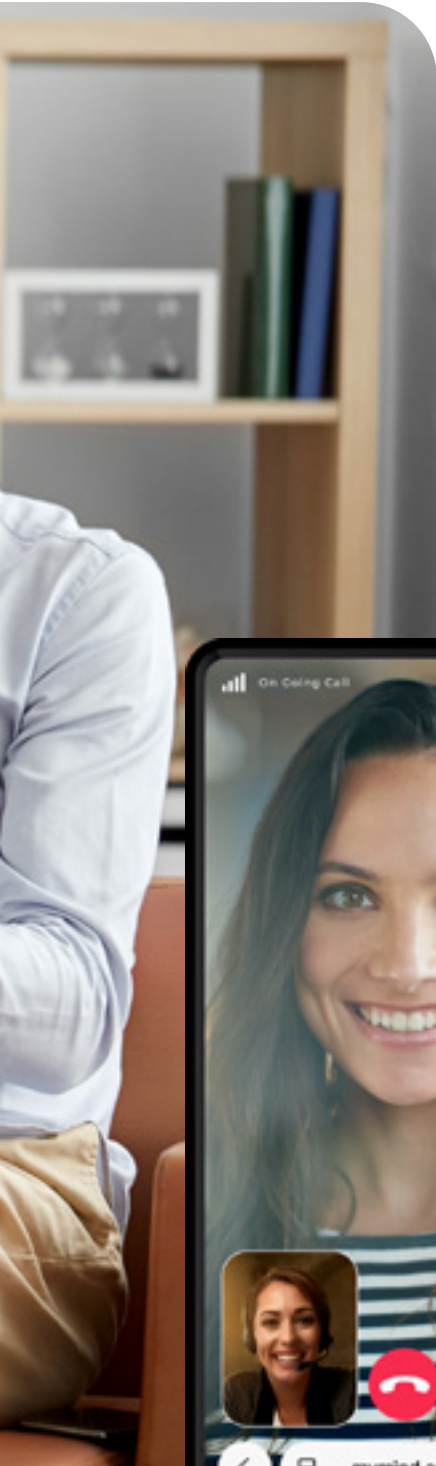
There will always be challenges in the work we do, but there is also a deep sense of purpose that carries us forward. Together, I am confident we will continue to meet that challenge, and to build an Ireland where accessible mental health support is a reality for all.

Thank you.

Brian Marrinan
Chairperson, MyMind

02 About us





2.1 Who we are

MyMind is a not-for-profit social enterprise (CRA 20065812) and registered charity (CHY17600), established in 2006 by Krystian Fikert (Founder) to address the gap between the public and private mental health sectors by providing affordable and accessible mental health services within the community. Barriers to access on the public side included long wait times and a shortage of local, community-based support. For private support, affordability was, and remains, the main barrier for many. MyMind's mission is to positively change lives by providing professional, affordable, and accessible therapy to anyone experiencing mild to moderate mental health challenges. The organisation has continued and grown under this mission, meeting it with innovation on technical, operational, and foundational levels.

MyMind's commitment to ease of access can be seen at every stage of the client journey. As a person-centred organisation, MyMind offers appointments via self-referral. This allows MyMind clients to register and book an appointment directly, without need for a referral from a GP or medical professional. The MyMind client chooses their own Mental Health Professional, deciding also whether an appointment will take place face-to-face or online. Over 20 languages are spoken across MyMind's large network of Mental Health Professionals, allowing our clients to communicate in the way most comfortable to them. All appointments are carried out by Mental Health Professionals who have been Garda-vetted and are either fully or pre-accredited as counsellors and psychotherapists by recognised bodies.

All of this is made possible through MyMind's sustainable Social Enterprise model. MyMind believes that access to professional talk therapy for mild to moderate mental health challenges should not be determined by financial status. Standard Rate appointments are provided at highly competitive rates when compared with private options, without compromising on professional standards across service delivery. Profits generated from our Standard Rate appointments have allowed MyMind to expand access to our services. Low Cost counselling and psychotherapy are provided through funding from the HSE for a host of individuals; anyone earning less than €25,000 annually before tax, full-time third level students, retirees, and the unwaged.

MyMind's work aligns with Sharing the Vision, Ireland's policy for Mental Health, chiefly in the context of Early Intervention. In advocating for and providing professional talk therapy for mild to moderate mental health challenges, MyMind's focus lies in addressing and managing these challenges before more serious issues can arise. We believe that tearing down barriers to accessing professional support at this stage yields benefits for the MyMind client, those closest to them, and Irish society as a whole. Increased awareness that seeking support sooner will bring faster, lasting results plays a powerful role in stigma reduction and public perception of mental health as part of our overall health.

2.2 How we help

Face-to-face

While MyMind's primary innovation in 2006 was the integration of technology for positive change, allowing clients to access talk therapy through online video, the post-pandemic period has seen a marked rise in demand for community-based, face-to-face sessions.

In 2025, over 60% of MyMind appointments were held face-to-face. MyMind has met this demand, ensuring that capacity is there to meet the needs of the communities we serve. We have expanded access to face-to-face therapy with new locations across the country. 2025 saw MyMind's total network of physical locations grow to 11, with new locations opening in Ballina, Clondalkin, and Athlone. These single-room locations fall under the MyMind Locals banner, bringing our easy-to-access services directly to underserved communities.

MyMind's face-to-face services cover a wide range of therapeutic approaches, in line with our person-centred ethos. MyMind clients can choose a therapeutic approach suited to their needs. Examples include Cognitive Behavioural Therapy, learning skills to help them manage emotions, counselling for specific life challenges, and Art Therapy where communication is not reliant on having the words to describe complex thoughts and feelings. In



2025, MyMind's network of Mental Health Professionals included practitioners of the above, in addition to Dialectical Behavioural Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Gestalt Therapy and more.



Online

As a person-centred organisation, MyMind strives to make our services accessible at a time and place of the client's choosing. Online therapy through video has served to open access to professional talk therapy across geographical bounds. Where many in Ireland still struggle to find professional counselling and psychotherapy in their localities, engaging in talk therapy online through video can serve as a vital lifeline.

For others, where face-to-face options are easier to find, the availability of services online offers increased flexibility. Rather than cancel an upcoming face-to-face appointment that they will not be able to attend, MyMind clients can move the session online to suit their schedule. MyMind's network of Mental Health Professionals work both online and face-to-face, ensuring the same high clinical standards and continuity of care.

All MyMind clients, regardless of fee level or method of accessing the service, benefit from this flexibility, with the same high clinical standards maintained across all, in over 20 languages. This is MyMind's blended model for mental health support, combining accessible, affordable face-to-face services with the conveniences afforded by current technology.

2.3 Awards and Recognition

2024	Workday Community Impact Award	
2021	The Wheel's Social Enterprise of the Year	 Stronger Charities. Stronger Communities.
2020	1) Social Entrepreneurs Ireland Scale Partner 2) Dublin City Social Enterprise Awards Recipient	 
2019	All Ireland Community & Council Awards - Best Social Enterprise of the Year	
2018	Social Innovation Fund Social Enterprise Development Fund	
2017	1) European Business Awards Social Enterprise Category 2) One for Ireland campaign	 
2016	Eir Elevation Awards Social Enterprise Category	
2015/16	Ireland Funds Flagship Investment Awardee	
2015	GSK Ireland IMPACT Awards	
2013	Social Entrepreneurs Ireland - Impact Award	
2012	Arthur Guinness Award	
2011	1) Ashoka Fellow 2) Social Entrepreneurs Ireland - Elevator Programme Award	 
2010	Captain Cathal Ryan Scholarship	The One Foundation

03 Focus on 2025



3.1 Highlights and achievements



2025 was a year of both expansion and change for MyMind. Through 2025, 31,162 paid appointments were completed across all services and locations. Of these appointments, 51% were at Standard Rate and 42% were provided to Low Cost clients through funding from the HSE. In addition to these paid appointments, 7% of all sessions were provided at no cost to the client through HSE and partner funding.

Expansion of MyMind's services took place through the first half of the year, with new MyMind Local locations for face-to-face talk therapy opening in Ballina, Clondalkin, and Athlone. In Ballina, MyMind sessions are held in the offices of Mayo North East, in collaboration with local partners working with residents affected by Defective Concrete Blocks within the community. These residents can avail of six fully funded counselling or psychotherapy sessions with MyMind under the Enhanced Defective Concrete Blocks Grant Scheme, made possible through funding from the Housing Agency. In both Clondalkin and Athlone, MyMind has seen steady demand for our face-to-face service. These new locations serve to widen access to community-based mental health support for mild to moderate mental health challenges.

The year was also one of change, with MyMind CEO and Founder Krystian Fikert stepping down in summer to pursue new challenges. Krystian's innovation in creating the sustainable MyMind model has left an indelible mark on the Irish Mental Health and Social Enterprise landscapes, bringing compassion and care to the lives of tens of thousands across the country. The team at MyMind wish Krystian every success in his future work.

While the MyMind Board of Directors began work to secure the organisation's next leader, the MyMind management team gave concerted focus to policy, procedure, and improvements for both clients and MyMind's network of mental health professionals. This work has been wide-ranging, from centre painting to improvements to mymind.org, scheduling and online therapy systems.

Men's Mental Health

On August 4th, the Minister for Mental Health, Mary Butler, announced an additional €2 million in funding to provide access to talk therapies and counselling supports specifically for men. Under this funding, MyMind was immensely proud to be chosen to provide 5,000 fully-funded sessions for adult men experiencing mild to moderate mental health challenges.

Launching in September, the Men's Mental Health initiative in partnership with the HSE seeks to encourage more men to engage in talk therapy. This is achieved through GP signposting during consultations with adult men who may benefit from MyMind's services. The project has been strongly supported with dedicated Social Media advertising from the HSE, the creation of a new digital portal for information and resources at yourmentalhealth.ie/men, and assistance from the Irish College of General Practitioners in communicating the scheme to its network. All of this has combined to see the project launch to strong interest and uptake among men who may not have engaged in talk therapy without a gentle recommendation from their GP.

Free Counselling

In 2025, HSE and partner funding allowed MyMind to provide free talk therapy to the following groups:

- Adult men experiencing mild to moderate mental health challenges
- Ukrainians living in Ireland who have been displaced by conflict
- Residents affected by Defective Concrete Blocks across Mayo, Donegal, Limerick, Clare and Sligo





Ukraine Project

2025 was the third year of MyMind's HSE-funded project providing free psychological support for Ukrainians displaced by conflict and living in Ireland. Over 1,000 one-to-one counselling and psychotherapy appointments were completed under the project in 2025. This project is led and delivered by Ukrainian-speaking mental health professionals exclusively.

Following completion of six talk therapy sessions, participants could choose to join the accompanying Group Support programme. These group sessions centred on emotional resilience and processing trauma, and ran for six three-session rounds over the year. MyMind are proud to see this project continue into 2026, offering person-centred and culturally sensitive support from and for the Ukrainian community in Ireland.

Recruitment

The recruitment and onboarding of Mental Health Professionals is undertaken year-round by MyMind's Clinical and Operations teams. MyMind differentiates itself in the not-for-profit space by only contracting Mental Health Professionals who are either pre- or fully accredited by a recognised body such as the Irish Association for Counselling and Psychotherapy (IACP). MyMind recruits Mental Health Professionals practicing a broad range of therapeutic approaches, prioritising evidence-based and person-centred modalities. This ensures that MyMind clients receive a professional level of care informed by current standards and practices. In 2025, MyMind's network of Mental Health Professionals included practitioners of Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Art Therapy, and Eye Motion Desensitisation and Reprocessing.

The MyMind Clinical team onboarded 28 Mental Health Professionals during 2024.

Partner engagement

2025 saw MyMind engage and collaborate with a host of organisations, institutions, and corporate partners in support of our mission. The year provided many opportunities for MyMind staff and Mental Health Professionals to engage in activities spreading awareness for our services.

MyMind's partnership with Dublin City FM continued from late-2025 through to July, 2025. This saw MyMind Mental Health Professionals feature as weekly interview guests on the Good Morning Dublin show, discussing relatable topics relevant to mild to moderate mental health challenges. Topics covered included Travel Anxiety, Relationship Issues, and Self-Improvement. This was a great opportunity to spread awareness for our services consistently on Ireland's largest community radio station, with an average weekly listenership of 465,000 adults.

2025 was host to several public-facing events, beginning with the Lucan & Adamstown Health Fair on January 31st. Organised by the HSE's Lucan & Adamstown Connecting For Life group, this presented a timely opportunity to inform the local community of our upcoming location opening for face-to-face appointments in Clondalkin. As the year progressed, MyMind attended similar events for the Institute of Art, Design and Technology (IADT) Fresher's Week and a wellness day for the staff of Cork-based corporate Clearstream.

April saw the launch of the MyMind Van Tour, following our win in Workday's Community Impact Awards 2025. The MyMind Van spent a week on the road between April 28th and May 1st, visiting towns including Portlaoise and Ennis, and stopping for a day at the University of Galway (NUI) campus. Each stop on the tour presented an opportunity to spread awareness for our services directly to the local community, offering fully-funded first appointments and assorted MyMind merchandise. MyMind thanks Workday for their vital support in making this tour possible.



MyMind staff and Mental Health Professionals were also engaged throughout the year in talks and workshops given for partners and institutions. On March 26th, MyMind Mental Health Professional Jamie Earl joined a discussion panel for global IT company Telus Digital, focusing on workplace anxiety and panic attacks, during a wellness event for staff. June 4th saw MyMind Communications & Digital Marketing Manager, Austen Donohoe, presenting our services to Roma Peer Support workers for NGO Cairde. This talk gave an overview of MyMind in relation to mild to moderate mental health challenges and how to signpost our services to members of the Roma community. In September, MyMind Mental Health Professionals, Laura Gallagher and Eamon McDermott, hosted workshops titled "Minding your Mental Health and Building Resilience" for students of: Educate Together Secondary School in Limerick, John the Baptist's Community School in Limerick, and Moyne College in Ballina. These interactive workshops were part of MyMind's Defective Concrete Blocks Project, made possible by the Housing Agency.

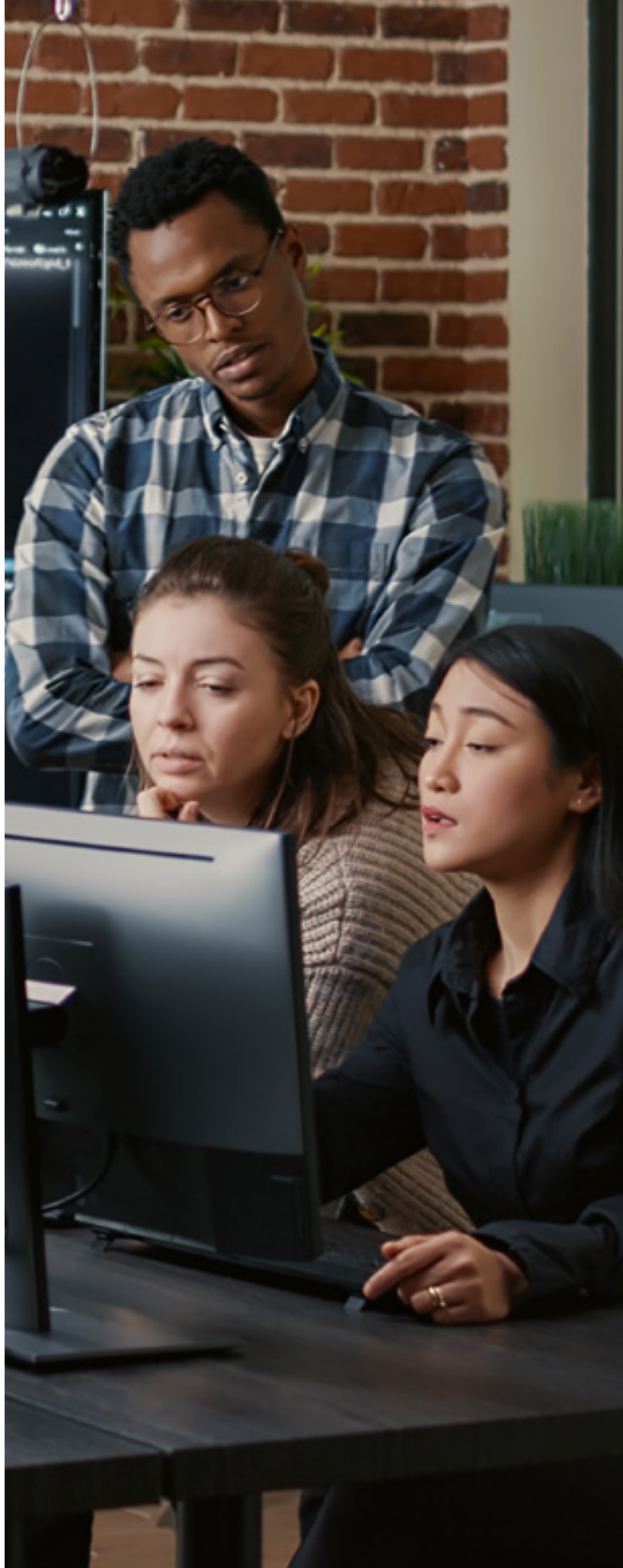
System development

Since 2006, MyMind has had a strong tech focus. Offering appointments online through video has revolutionised digital access to talk therapy support for mild to moderate mental health challenges. Making our digital therapies safe and easy to access remains fundamental to MyMind's mission and is the primary focus of our in-house development team.

2025 saw our website, mymind.org, undergo a thorough redesign. Launching in March, 2025, the new site employs a modern and responsive design to improve the user experience and overall performance. The redesigned mymind.org is built on an open-source Content Management System called Umbraco, which allows team members to update pages without the need for developer or external assistance. The look and feel were created in-house before handing over to an Umbraco consultant for final deployment, coordinating efforts for a safe integration with MyMind's appointment booking system.

The day-to-day work for MyMind's development team in maintaining service delivery is wide-ranging. In 2025, this included a sustained drive to reduce issues on site that could hinder clients and mental health professionals using our system. This was achieved with the creation of new procedures for Quality Assurance, bringing the MyMind team together to identify, discuss and prioritise areas for improvement. The results from these efforts have been immensely beneficial to both clients and mental health professionals.

The development team also oversee User Experience research, engaging in client interviews and surveying MyMind's Mental Health Professionals on their use of the MyMind system. These activities provide invaluable feedback, informing the work undertaken continually to make MyMind's services safe, secure, and easy to access.



The MyMind Van Tour reaches the Galway University of Ireland campus with thanks to Workday

3.2 MyMind on the move

MyMind Athlone (Local) brings face-to-face sessions to the community



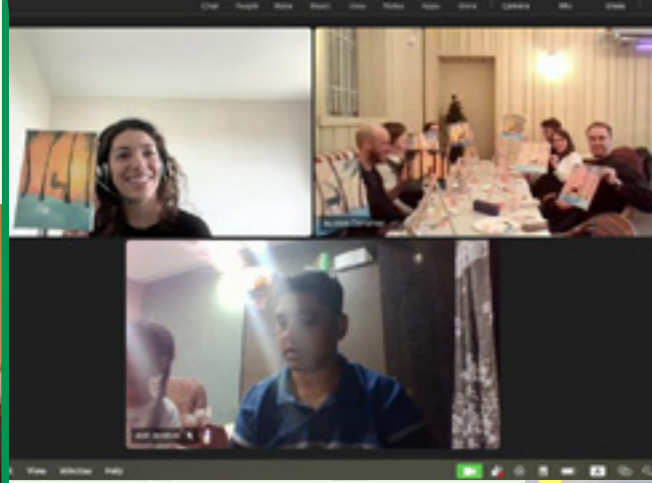
MyMind Clondalkin (Local) opened its doors on February 5th

MyMind Ballina (Local) opens in the offices of Mayo North East, providing free sessions for residents affected by Defective Concrete Blocks. Pictured: Mayo Defective Concrete Block Community Facilitator, Caroline Wilson, MyMind Project Manager, Ruth O Malley, and MyMind Psychotherapist, Emily Vanderkamp





The MyMind Office Team came together for Paint and Prosecco



With colleagues from across the world joining us remotely



The MyMind stand ready to greet new students at the IADT Fresher's Fair



Arriving to the venue for the MyMind Summer Social for Mental Health Professionals in Cork



MyMind CEO and Founder, Krystian Fikert, attended the Mental Health International Collaborative (eMHIC) roundtable on Digital Mental Health, a day of insights around strategy and best practice for implementing digital tools within mental health support services

3.3 Collaborations and Partnerships



An Roinn Sláinte
Department of Health



An Ghníomhaireacht
Tithíochta
The Housing Agency



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



ARTHUR COX

A&L Goodbody



Working together for mental health



3.4 Partner Message

Dublin Business School

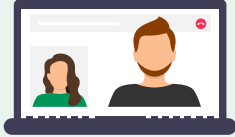
Over the past year, MyMind has been a vital support for our students with over 150 counselling sessions utilised. The wide variety of counsellors allows our diverse student population to access support in multiple languages and from specialists in different areas. This means that no matter the issue a student experiences, someone trained is always available to help them. The large number of counsellors available also means our students can usually access the support they need in less than 48hrs. Our students have said that having counselling support available has made their transition into college more manageable.

NAOISE FINNEGAN
Student Welfare Officer

04 Statistics



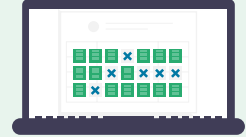
4.1 Statistics for 2025



3,006
Online clients



31,162
Completed appointments



8,297
Cancelled appointments



816
Late-cancelled appointments
(less than 24 hours
before scheduled time)



791
Appointments unattended
without prior notice



4.99
Average number of
appointments per client



5,754
Total clients



130
Number of active
Mental Health Professionals



17
Number of active
service languages

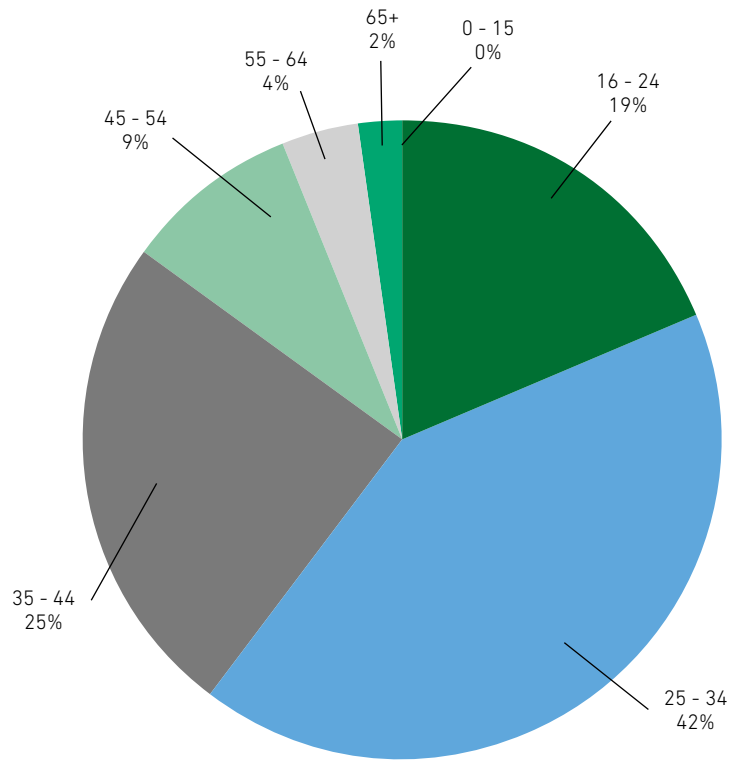
4.2 Appointments Breakdown

Location	Individual Session	Children & Adolescents	Couples	Total
Online	12223	-	117	12340
Cork	5101	171	80	5352
Dublin 6	3509	-	-	3509
Dublin 1	3120	7	32	3159
Dublin 8	1480	54	-	1534
Limerick	2486	62	62	2610
Galway - Local	1212	-	-	1212
Ballinrobe, Mayo – Local	81	3	-	84
Carlow Town – Local	435	-	-	435
Ballina, Mayo - Local	144	-	-	144
Clondalkin - Local	484	-	-	484
Athlone - Local	299	-	-	299
Total	30574	297	291	31162

4.3 Client profile

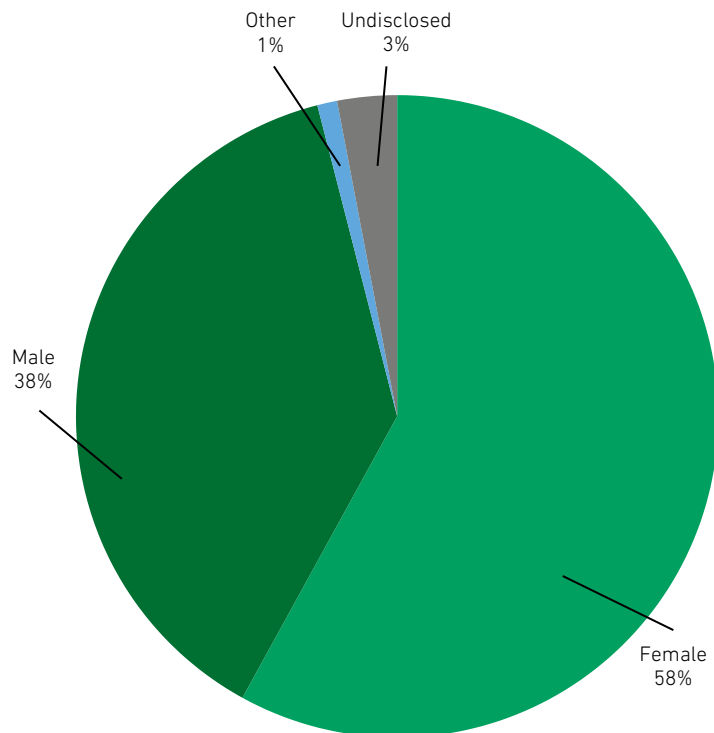
Average age: 34

- 0 - 15 years old: 0%
- 16 - 24 years old: 19%
- 25 - 34 years old: 42%
- 35 - 44 years old: 25%
- 45 - 54 years old: 9%
- 55 - 64 years old: 4%
- 65+ years old: 2%

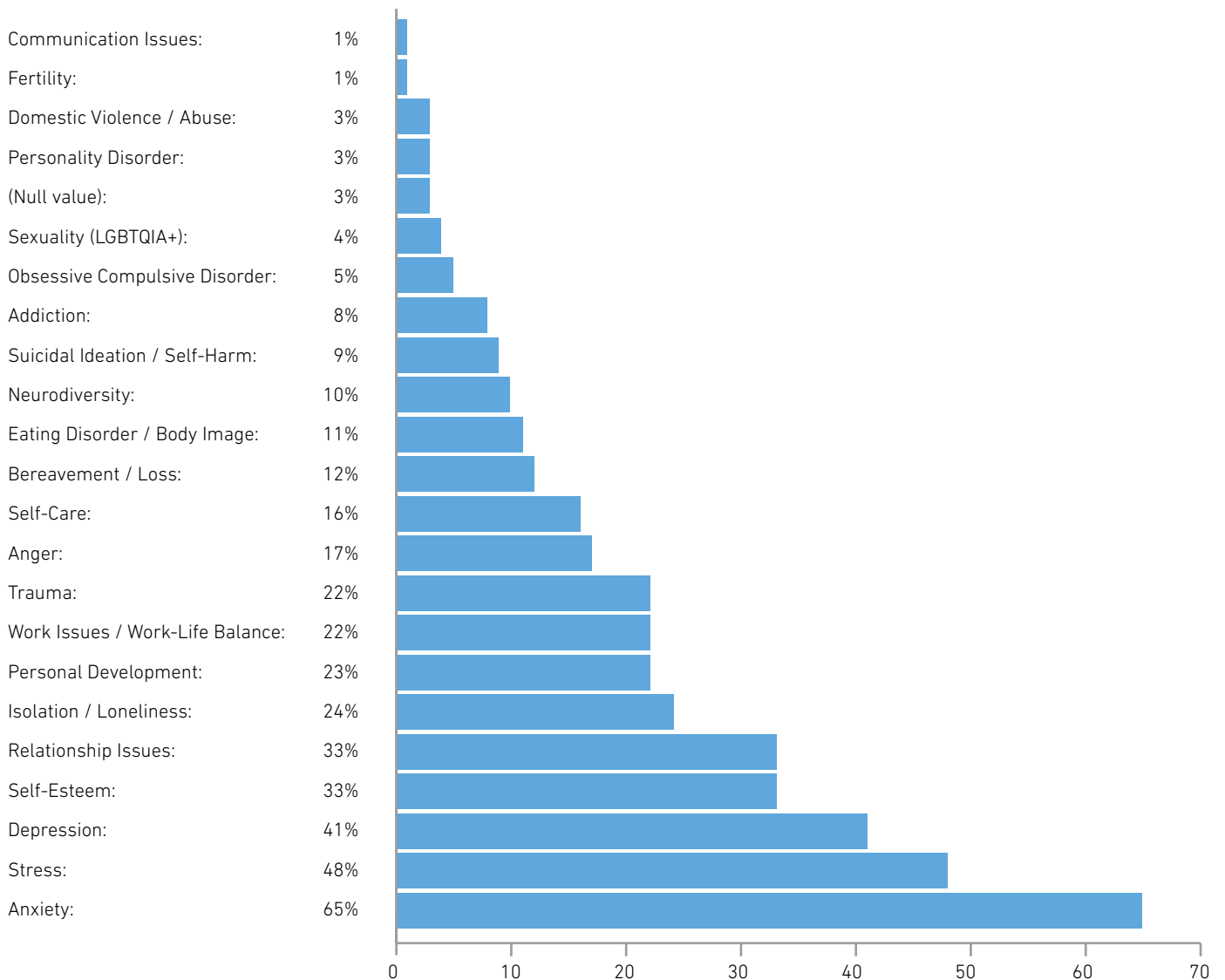


Gender Profile

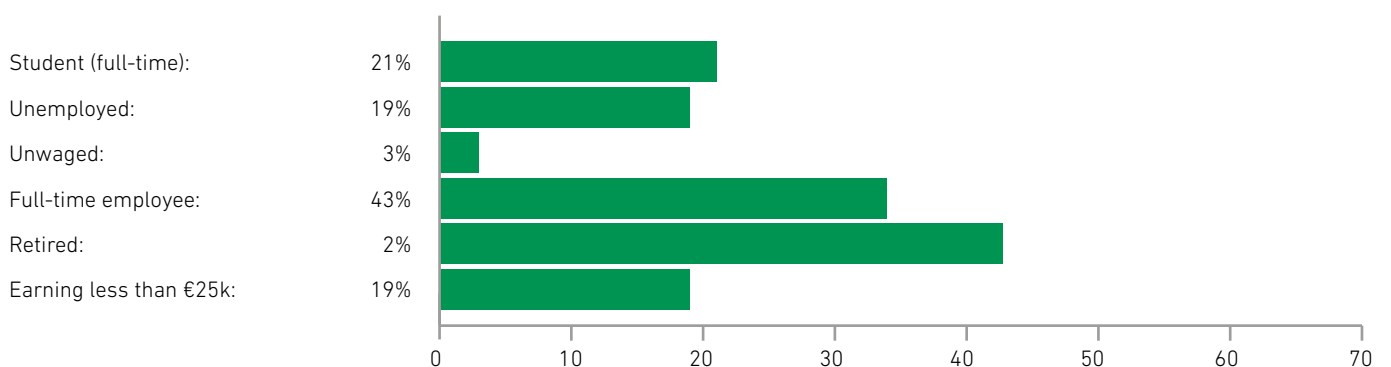
- Female: 58%
- Male: 38%
- Other: 1%
- Undisclosed: 3%



4.4 Presenting Issues



4.5 Eligibility status



4.6 Nationalities



76.9% Ireland



4.4% Ukraine



2.1% Poland



1.2% India



1.5% UK



1.2% USA



1% Brazil

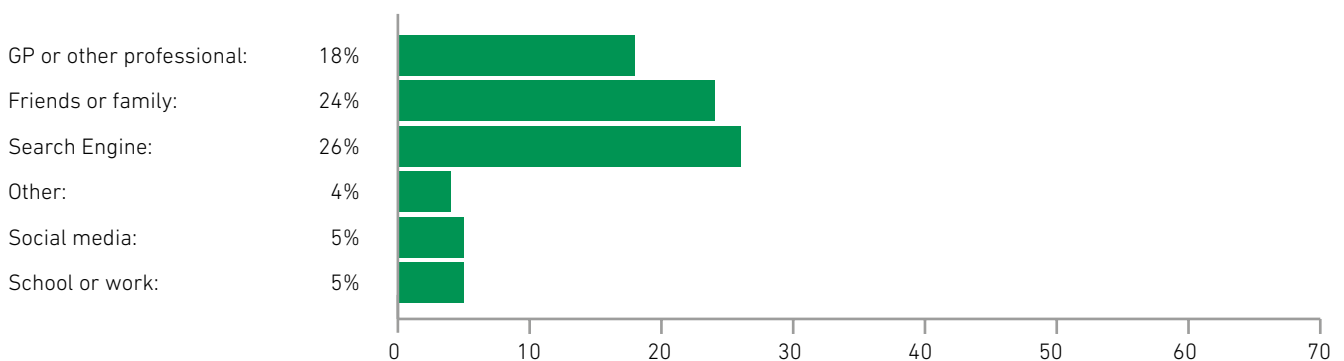


0.9% Italy



0.9% Spain

4.7 Discovery of MyMind



05 Client feedback



5.1 Client feedback

“I came to therapy about a year ago and have already been through more than 40 sessions. At that time, I was in a very anxious condition and did not understand how to cope with anxiety, depression, and obsessive thoughts. Against this background, I developed an eating disorder, and in a short time I lost a lot of weight. Thanks to working with Dr. Maria, I gradually received tools and techniques that helped me learn to manage my thoughts and emotional state. Now I feel much more stable, look to the future with hope, and have regained my weight and a normal attitude towards food. I would like to thank the MyMind team for their professional organization of help and support.”

- Anonymous

I would like to express my gratitude to my psychologist Mariia Gretska for her professionalism and sensitivity. Working within the framework of the My Mind project became a truly profound and transformative experience for me. From the first session, I felt that they found the right, individual approach to me. Thanks to our joint work, I managed not only to solve troubling problems, but also to clearly understand what it is worth striving for longer. My anxiety became noticeably lower, I learned to better understand myself, my emotions and true feelings. The main result for me is the emergence of an internal resource and strength to solve life's problems. Thank you very much for the support and the gentle atmosphere in which the therapy took place. It was very important and valuable way for me!”

- Anonymous



06 Client management



6.1 Clinical Team

The MyMind Clinical Team are responsible for all areas of clinical management, including the creation and implementation of clinical policies and procedures for the organisation. The team oversee recruitment of MyMind’s Mental Health Professionals and support our network of counsellors and psychotherapists daily in their work. MyMind’s Clinical Team ensures that all services are delivered to the highest professional standards, enriching the experience of our Mental Health Professionals through day-to-day support and regular opportunities to grow professionally. This support ranges from handling clinical incidents to organising Continuous Professional Development (CPD) and Peer Support for MyMind’s Mental Health Professionals. Clients engaging in talk therapy with MyMind benefit from a rigorous recruitment process, requiring that all MyMind Mental Health Professionals hold accredited or pre-accredited status with a professional body, and high standards maintained through Clinical Governance and a strict Code of Conduct. The Clinical Team perform quarterly reviews for MyMind Mental Health Professionals, inviting feedback on all areas of their work and using this to inform ongoing improvements.

Among the key activities of the clinical team in 2025 were:

- Clinical support for Mental Health Professionals
- Emergency and crisis management
- Clinical interviews
- Clinical onboarding
- Quarterly Clinical reviews and analysis
- Continuous Professional Development for Mental Health Professionals
- Peer Support for Mental Health Professionals
- Oversight in delivery of MyMind Impact Projects
- Clinical support for trainee psychotherapists
- Review and update of policy and procedures
- Review and update of Clinical Governance

6.2 CPD for Mental Health Professionals

Continuing Professional Development (CPD) programmes are scheduled throughout the year, presenting topics and learning opportunities that draw from current research and best practices. MyMind often partners with external professionals in providing these programmes, facilitating regular inclusion of recent advancements in therapeutic frameworks and approaches. In addition to CPD programmes, MyMind's Mental Health Professionals benefit from unlimited access to the Bespoke Mental Health training platform. This online training portal hosts regular events focusing on a wide range of clinical topics and is available to all accredited and pre-accredited Mental Health Professionals.

The 18 CPD programmes organised by MyMind in 2025 were:

- Working Therapeutically with the LGBT Community
- Impacts of Fertility Challenges on Couples
- Disability Equality Training
- Addiction Recovery
- LGBT+ Awareness Training
- Self-harm Training
- Introduction to EMDR (Eye Movement Desensitization and Reprocessing)
- Working with Survivors of Sexual Abuse
- Introduction to Art Therapy
- Making your Therapy Practice more Inclusive and Sex Positive
- Nature As Co-Therapist: Practical ecotherapy for mental health professionals
- Body Image and Eating Disorders
- The link between Coercive Control, Co-dependency and Neurodiversity
- Grief and Loss
- Advanced DBT (Dialectical Behaviour Therapy)
- Intro to IFS (Internal Family Systems)
- Working with Suicidal Ideation

6.3 Peer support

Peer support sessions offer MyMind's Mental Health Professionals a dedicated space to meet, share experience, and gain from each other's support and insights as they carry out their vital work. These sessions are run twice monthly, both online and face-to-face, and are facilitated by MyMind Mental Health Professionals. Alongside CPD, Peer Support is a cornerstone of MyMind's commitment to the professional and personal wellbeing of our Mental Health Professionals.

In 2025, a total of 31 Peer Support sessions were held across MyMind locations and online.



07 MyMind Team



7.1 Mental Health Professionals

At the end of 2025, MyMind had a team of 128 contracted Mental Health Professionals providing talk therapies across 11 physical locations and online. Our network of Mental Health Professionals conducted sessions in 20 languages through 2025, including Polish, Italian, Russian, Somali, Lithuanian, and German. Allowing MyMind clients to communicate in the language most comfortable to them is central to our person-centred ethos.

MyMind's network of Mental Health Professionals all adhere to a strict Code of Conduct. Mandating that MyMind's network of Mental Health Professionals approach their work with the level

of professionalism needed, while also attending to their own wellbeing, maintains a consistently high level of service for MyMind clients.

All MyMind Mental Health Professionals benefit from:

- A strict professional governance code
- Regular Clinical Review Surveys
- Quarterly team meetings
- Continuing Professional Development (CPD)
- Peer Support

7.2 Letters from our team

Gabriel Shields

MyMind Psychotherapist, Cork Centre

As a psychotherapist trained in addiction recovery, psychotherapy, and couple & relationship counselling, I have worked with MyMind, Cork city, since October 2023. My first impression of MyMind was gained from the onboarding process, and it was a positive one. I found the process to be thorough, comprehensive and engaging, and a good preparation to begin work with MyMind. Additionally, the clinical interview process was no less thorough, leaving no doubt as to expectations from onboarding therapists. Since then, I have enjoyed what I would describe as a fruitful, engaging, and supporting relationship with the MyMind Clinical team. On several occasions, I found it necessary to engage with them regarding complex client cases and found them effective and supportive in their assistance in finding successful resolutions.

On that note also, I have found a very suitable Peer Support group, which is available monthly, with some experienced therapists. I have found this very beneficial to me from a clinical experience perspective, in addition to supporting me personally. Complimenting the clinical support is the everyday "nuts and bolts" process, provided by the administrative staff. I regularly find I need to engage with these persons in organising and accommodating clients outside of the normal referral process. This can be quite a laborious task, in that it takes effort to accommodate client requirements. I have found the MyMind administration staff to be accommodating, and indeed creative to a fault in this regard.

Finally, as a therapist with MyMind, I have gained much clinical experience, and it has been my privilege to work with adults of all ages, with diverse needs that include a broad range of mental health concerns. It is truly remarkable to observe an effective therapeutic relationship becoming established. I personally hold the mindset that when we engage with another person on a personal level we are changed, and are not the same going forward. I have learned much from the persons that I have been privileged to work with, and I continue to feel excited in anticipation of continuing the work with my current MyMind clients, and with the ones I have yet to meet.

James O'Regan

MyMind Counsellor & Peer Support Facilitator, Limerick Centre

Facilitating monthly online peer support meetings for psychotherapists has been one of the most professionally and personally rewarding aspects of my work. These groups provide a reflective, supportive space where practitioners can connect with colleagues who understand the unique emotional and clinical demands of therapeutic practice.

The meetings encourage open discussion around client work, ethical challenges, professional boundaries, burnout prevention, and the realities of working in often isolated roles. By creating a safe and confidential environment, participants are able to share experiences, gain fresh perspectives, and feel less alone in the challenges they encounter in practice.

Clinically, the groups strengthen reflective practice, enhance confidence in decision-making, and support ongoing professional development. Therapists frequently report that hearing diverse viewpoints broadens their understanding and improves the quality of care they provide to clients. The peer format also promotes accountability, compassion, and a stronger sense of professional community.

On a personal level, these meetings help reduce stress and isolation while supporting emotional wellbeing and resilience. They offer a valuable reminder that therapists also benefit from being heard, supported, and understood. Over time, the groups foster trust, connection, and a renewed sense of purpose, helping practitioners sustain both their effectiveness and wellbeing within their professional roles.

7.3 MyMind Staff

Through 2025, the MyMind team comprised:

CEO

- KRYSYAN FIKERT
- SHARON KEATING (Interim)

FINANCE:

SHARON KEATING, Financial Controller

CLINICAL:

- SARA LAVECCHIA, Clinical Manager
- GABRIELA CESTARI MANIERI, Clinical Support

OPERATIONS:

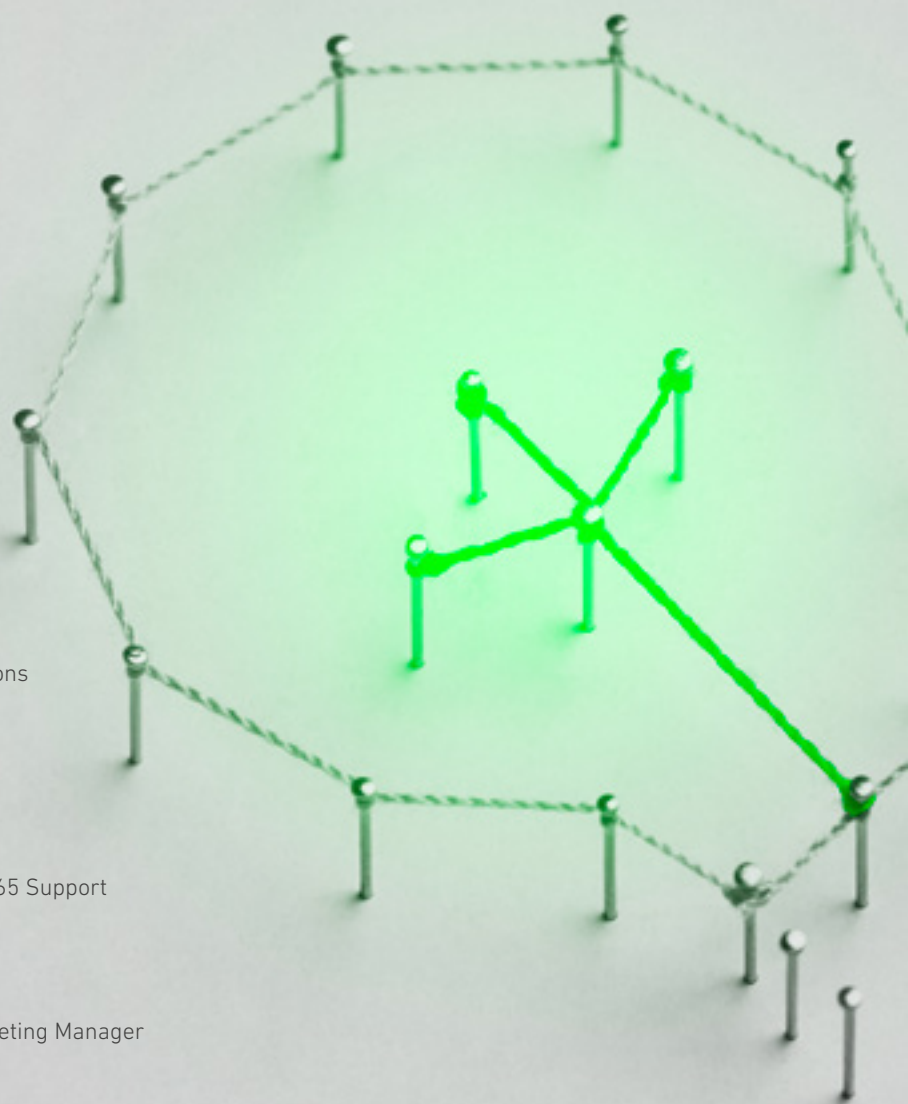
- FRANCESCA IITCHENCO, Customer Operations
- CARA KEUSCH, Customer Service and Operations
- DAVID GOODE, Customer Service and Operations
- ZIYU JIANG, Customer Service and Operations
- SARAH HANLEY, Customer Service and Operations
- CARMINA DE DONATIS, Customer Service and Operations

TECH:

- FABIO FARIA, Senior .NET Developer
- ALINE RESENDE, Consultant – UX/UI
- ASIF IBRAHIM, Consultant – QA and Technical Support
- SANAT KUMAR MAHAPATRA, Consultant – Microsoft 365 Support

BUSINESS DEVELOPMENT INCLUDING MARKETING AND PROJECTS:

- AUSTEN DONOHOE, Communications and Digital Marketing Manager
- RUTH O'MALLEY, Project Manager
- YULIIA ANANIEVA, Project Coordinator
- ANATOLII KOVAL, Project Coordinator



7.4 Board of Directors

Brian Marrinan

(joined and appointed Chairperson in February 2022)

Passionate about innovation, Brian created one of the world's first fintech incubators in the US 20 years ago. He went on to establish the first start-up accelerator in Ireland 13 years ago and has since been recognised as one of the top accelerators in Europe. Brian holds an MBA from UCD's Smurfit Business School and a BSc in Business Information Systems.

Lorna Jennings

(joined in June 2020)

Lorna is Managing Director of Hanover's Dublin office and provides strategic communications and political advocacy for domestic and international clients in health, technology, financial services, transport and other sectors. Lorna is also a member of the Board of Directors of the Public Relations Consultants Association (Ireland), the representative body of the top PR consultancies in Ireland.

Darren Daly

(Joined in March 2023)

Darren is an experienced corporate and technology lawyer and spent over 25 years as a lawyer in private practice in Dublin and was Head of Technology Law and IP in one of Ireland's largest law firms. He is the principal of Alpha Legal Consultants and provides legal consulting services to technology firms and law practices in Ireland. Darren is a member of the Law Society of Ireland and the Law Society of England and Wales.

Terri Morrissey

(Joined in November 2023)

Terri is a Business and Organisational Development Psychologist and co-founder of This is...an organisational development practice. She has worked with a wide range of organisations on culture and behaviour change, large systems change and also as a coach and mentor. She is also a former CEO of the Psychological Society of Ireland.

Paul Kivlehan

(Joined in November 2023)

Paul has 20+ years of experience in the banking and finance industry, operating in various roles across a number of different countries. Paul currently works as a Risk Manager for one of the world's largest marketmaking organisations, having previously served as the Chief Controls Officer for the European business of a large multinational corporation.

Edel Kennedy

(Joined in March 2026)

Edel brings over 20 years' experience in Marketing, Communications and Media, having held senior leadership roles in both TV and Print media. More recently, Edel has worked in the startup world, helping to launch and grow an award-winning energy services company, and currently works in the Rail industry. Edel holds an MBA from UCD's Smurfit Business School and a BA in Journalism.

08 Financial Statements



ANNUAL REPORT

2025

Get in touch

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Or visit: mymind.org


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MyMind

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Registered Charity Number: CRA 20065812

Charitable Status: CHY 17600