



2 0 2 2

ANNUAL REPORT

TABLE OF CONTENTS

1.	Message from our CEO	04
2.	Message from our Chairperson	05
3.	ABOUT US	06
3.1.	Who we are	07
3.2.	How we help	08
3.2.	Awards and Recognition	10
4.	FOCUS ON 2021	11
4.1.	Highlights and Achievements	12
4.2.	MyMind on the move	13
4.3.	Collaborations and Partnerships	14
5.	STATISTICS	17
5.1.	Statistics for 2022	18
5.2.	Appointments Breakdown	19
5.3.	Client Profile	20
5.4.	Presenting Issues	21
5.5.	Eligibility Status	21
5.6.	Nationalities	22
5.7.	Discovery of MyMind	22
6.	TESTIMONIALS FROM CLIENTS	23
6.1.	Our Clients: TJ	25
6.2.	Our Clients: Stacey	25
7.	Clinical Management	26
7.1.	Clinical Team	27
7.2.	CPD for Mental Health Professionals	27
7.3.	Peer Support	27
8.	MYMIND TEAM	28
8.1.	Mental Health Professionals	29
8.2.	Letters from our Team	29
8.3.	MyMind Members	31
8.4.	MyMind Staff	31
8.5.	Board of Directors	31

01

MESSAGE FROM OUR CEO ▼

A message from MyMind Founder and CEO Krystian Fikert

Like most of the world, we were delighted to see a gradual return to previously normal levels of engagement and interactions among people in 2022. Following on from unprecedented demand for online mental health services over the previous two years, the lifting of various restrictions throughout last year is widely accepted as having had a hugely positive impact on mental health across the country. Naturally, this positive impact also had knock-on effects for the delivery of MyMind services last year, and we must acknowledge that 2022 became the first year since the organisation was established, in which we didn't record an increase in the number of appointments of the previous year. Ultimately, our ambition is to improve mental health and so anything that has a positive impact is welcomed. We are still seeing the lingering impact of the pandemic in other ways too, as the delivery of online appointments continues to outweigh face-to-face sessions, compared to our pre-2020 provision of predominantly in-person services. We saw the demand for face-to-face appointments grow steadily in 2022, but we continue to wrestle with the challenge of trying to meet such demand amid the preference for hybrid or remote working environments among mental health professionals.

Despite these challenges and the decrease in the total number of appointments delivered by MyMind in 2022, we still managed to achieve record numbers in terms of the total number of client registrations – 14,896; the highest number of appointments delivered in a single month – 4,507 in November; the number of contracted mental health professionals – 188, and the number of languages our services are offered in – 20.

As ever, we are indebted to our network of expert mental health professionals in achieving these records. It is thanks to their professionalism, commitment and belief in our vision of everyone having easy and timely access to affordable mental health services, that we can proudly say that we engaged with more than 6,300 people across all 26 counties in the Republic of Ireland over the course of 2022.

Supporting and engaging with our network of mental health professionals is a fundamental aspect of what we are trying to do and this is reflected once again in the extensive Continuing Professional Development (CPD) and training schedule through 2022. In total, the clinical team organised 11 online training sessions exclusively for and free of charge to our contractors, covering important areas such as LGBT+ awareness, counselling for sight loss, etc. We were also delighted to see the growth of our monthly peer support sessions, and the return of the face-to-face meeting in Limerick, which we hope to replicate in other locations in 2023.

Further to the developmental and clinical support, we were also particularly happy to be able to increase the fee rate

and improve the bonus payment structure offered to mental health professionals last year. These improved conditions have come about on the back of extensive feedback, and while we are committed to providing appropriate recognition for the tremendous work these professionals carry out, as a social enterprise aiming to deliver affordable rates to people who would otherwise, it is a constant challenge to try to balance.

Our mission to provide affordable services has certainly been aided by the support of the Department of Health, which funded the EUR1m Free Counselling Project, launched in February 2022. Initially established as a support service for those suffering from long term effects of Covid-19, this project was always intended to facilitate changing needs and priorities and indeed this particular element was called upon very early, as attentions turned to the harrowing events taking place in Ukraine. Although that in itself presented challenges in terms of the recruitment of suitable mental health professionals, we were delighted to launch dedicated Ukrainian language services last year. This was duly followed by the extension of the Free Counselling Project to people whose homes have been impacted by defective concrete blocks in Donegal and Mayo, following lengthy discussions with the Department of Housing.

The Department of Health project did not account for all the free services provided by MyMind in 2022, and we must acknowledge the contributions of the Irish Youth Foundation and the National Office for Suicide Prevention in delivering therapy to children and adolescents aged three to 17, and a number of key priority groups in which there is evidence of greater vulnerability to and increased risk of suicide, respectively.

Looking ahead to 2023, thankfully Covid-19 is behind us, but new challenges continue to emerge, not least in the shape of the cost of living and housing crises, which can understandably have significant impact on people's mental wellbeing. Like everyone else, rising costs and financial constraints are taking their toll on MyMind's ability to continue on our current service model and the coming months will mark a significant time in terms of how we move forward.

Regardless of the direction we take or any changes we make, MyMind will continue to deliver on our mission of making mental health services more attainable for people across Ireland. I would like to take this opportunity to sincerely thank all of our staff, contractors, partners, supporters and donors, who gave so generously and allowed us to deliver our mission in 2022, and who I hope will continue to support us on this journey.

Krystian Fikert
Founder and CEO



02

MESSAGE FROM OUR CHAIRPERSON ▼

Message from MyMind Chairperson Brian Marrinan

It gives me great pleasure to formally address all staff, contractors, clients, partners and supporters of MyMind for the first time since taking the reigns as Chairman of the Board in March 2022. Looking back on the year that was, it is almost difficult to imagine at this remove that the early part of year was still so heavily influenced by the various levels of restrictions brought about by the Covid-19 pandemic, but we are delighted to have returned to some sort of normality.

Indeed, it was the ongoing impacts of Covid-19 that initiated the granting of EUR1million from the Department of Health, which enabled us to deliver 13,000 appointments over the course of 2022. This continued backing and trust afforded by the department is a source of great pride for MyMind, not only in allowing us to support some of the most needy and vulnerable groups – namely those impacted by events in Ukraine, defective concrete blocks and chronic illness –, but also because of the trust and backing it provides to the quality of our services in delivering our social mission.

I would like to take this opportunity to pay special thanks to our network of esteemed mental health professionals across the country, whose dedication and commitment continues to facilitate the delivery of high-quality counselling, psychotherapy and psychological support services in 20 different languages, online and in-person. To CEO, Krystian Fikert, and our dedicated team of staff, thanks doesn't quite seem enough to acknowledge the extent of the efforts in keeping the show on the road, but rest assured, these are sincerely appreciated.

My thanks also to the many organisations that provide pro-bono and special rate support, which help us to keep MyMind at the forefront of the conversation in advancing mental health services across Ireland. Finally, thanks my fellow board members who have given so generously of their time over the last year, as well as to my predecessor, Brian Mulvihill, for the significant contributions he made to the MyMind cause during his tenure. We are welcoming new members to our board currently and look forward to making further announcements in this respect shortly. Looking forward, it is clear that we have reached a critical juncture in the 17-year history of MyMind, as we seek to take the organisation to the next step in terms of delivering high quality mental health services around Ireland.

As a social enterprise that started from such humble beginnings, we have to ensure we continue to evolve so that we can continue to support people and communities in whatever ways they need.

Significantly, this means a fundamental change to the fee model for the first time since the organisation was established. The very essence of MyMind is based on it being a sustainable model, with standard rate fees used to subsidise the cost of lower-rate fees for specific eligible groups and we are committed to continue this going forward. The reality, however, is that the demand for free and low-cost services has increased dramatically over the past few years, without a corresponding increase in public funding, and so we need to transition closer to our more sustainable pre-pandemic model.

This decision is not one we have taken lightly. We are actively seeking to increase other sources of funding, and a number of measures are being introduced in 2023 to facilitate the delivery of affordable mental health services and enable us to continue our mission. We have every confidence that the work we have done and the reputation we have developed over the past 17 years will put us in a strong position to do this, and we look forward to extending our services in due course.

On a personal level, I joined MyMind last year as I genuinely respect and admire our mission and the individuals who help us to achieve this. Mental health is a topic which is becoming more and more prevalent in our day-to-day conversations, better recognised by organisations, the media and government, and I truly believe that the individuals in, and associated with MyMind have had a significant hand in that. We are more committed than ever to being at the forefront of these conversations and actions, and we are excited by the opportunities that will present themselves and the prospect of where things can lead in 2023.

Wishing a bright and healthy future to our clients, therapists, staff and friends.

Brian Mulvihill
MyMind Chairperson



ABOUT US

3.1 WHO WE ARE ▼

MyMind was established in 2006 as a not-for-profit social enterprise with charitable status, aiming to address the gap between the public and private mental health sectors. By focusing on providing affordable and accessible mental health services within the community, we believe our work fulfils a major social need, and provides positive outcomes for those impacted by mental health issues.

With the vision that everyone should have access to mental health supports being at the heart of all that we do, our model provides high-quality services that are easy to access and at affordable rates, bypassing the need for clinical referral, long waiting lists and high costs. Working on the basis that early intervention offers the best chance of getting back to a positive frame of mind sooner and with lasting results, we are proud to know that our services and the work we do has a positive impact on the lives of individuals and their families, communities, and Irish society.

MyMind operates a sliding pay scale based on clients' employment status and other contributing factors. At the top end of the scale, our standard rate is applicable only to those in full-time employment, or for specialist appointments for children and adolescents. Revenue generated from these rates, along with grant funding, is then used to subsidise discounted fees for those in unemployment, full-time education or retirement.

From the outset, MyMind was clear that the processes around accessing and providing mental health services should be as easy and seamless as possible for both clients and therapists to use. We have tailored our services according to the specific needs of our clients, and we consistently work to make sure that clients and therapists are able to focus on the recovery journey.

Undertaking therapy can be a big step for many people and so we try to make sure that our clients feel their wellbeing and security are paramount. MyMind's specially-designed online platform is accessible to anybody and allows clients to register and book an appointment and select a mental health professional without any need to seek a GP or other referral pathway. The system provides each client with a unique account, through which they can manage appointments, and their own therapeutic journey, in conjunction with their therapist.

3.2 HOW WE HELP

FACE-TO-FACE

In-person interactions have traditionally been the most common format of counselling and psychotherapy, and where many clients and therapists feel most comfortable. Although the advent of new technologies and the Covid-19 pandemic have prompted a significant increase in the use of online therapy, at MyMind, the blended model of remote and face-to-face appointments is a critical element of our aim for accessible supports.

MyMind provides face-to-face services through its five centres in Cork, Dublin and Limerick. Clients can schedule appointments with our team of counsellors, psychotherapists and psychologists through the online booking system, or over the phone through one of our dedicated operations team, who are always available to support. Alongside individual sessions for adults, some of our multidisciplinary and multilingual network of mental health professionals are specially trained to provide support sessions to couples, or children and adolescents.



ONLINE

The blended model of face-to-face and online therapy has been a point of difference for MyMind since it was established back in 2006 and thankfully put us in a strong position when the Covid-19 pandemic caused a shift to exclusively online delivery. Online sessions are delivered via our bespoke video conferencing platform, which integrates seamlessly with each client's unique account. Through online sessions, the client can access regular therapy sessions from the privacy and convenience of their own home, reducing the stress that can often be caused by having to travel to and from appointments.

Significantly, the provision of online sessions allows us to reach individuals and communities around the country, who may not be in a position to access face-to-face supports at any of our centres. In addition to online therapy, MyMind also offers live chat support via our website, which can play an important role in helping clients take those first steps towards finding the right therapy for them. Through our live chat tool, clients can have their questions and doubts addressed before considering whether a consultation is right for them.

MYMIND AT WORK

At MyMind, we recognise the importance of feeling well at work and that if your mental health is in good shape, you are more likely to have greater job satisfaction and to be more productive. MyMind at Work is an Employee Assistance Programme (EAP) specifically designed to provide counselling and psychotherapy support to staff in the workplace. The programme offers employers the flexibility to respond to staff needs with zero wastage or costly contracts, while giving employees the opportunity to drive their own mental health journey by selecting specific mental health professionals and schedules to suit them. Delivered by counsellors, psychotherapists and psychologists experienced in dealing with a wide range of issues, such as stress, depression, anxiety, self-esteem and communication issues, burnout and bereavement, EAP appointments are available in our five centres across Ireland and online through our video conferencing platform.

In addition to the EAP, MyMind also provides psychoeducational talks and workshops in the workplace on mental health topics such as stress management, mindfulness and building emotional resilience.

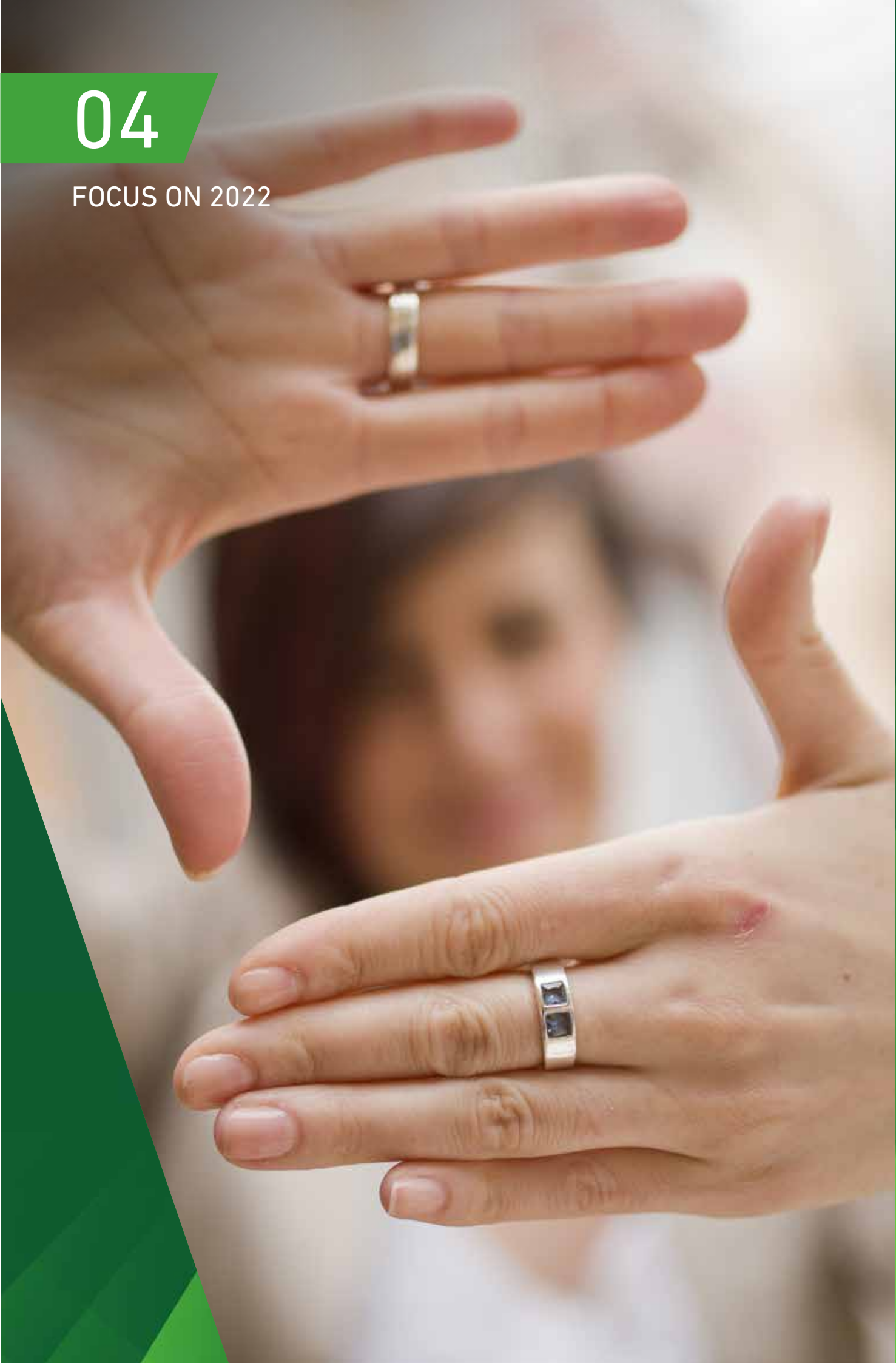


3.3 AWARDS AND RECOGNITION

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	

04

FOCUS ON 2022



4.1 HIGHLIGHTS AND ACHIEVEMENTS

RECORD NUMBERS

Although 2022 will be noted as the first year in the history of MyMind that did not witness a substantial growth in terms of the overall number of appointments delivered, we must factor in the fact that the emergence from the pandemic provided a natural relief for so many people, and a desire to move away from the virtual interactions they had become used to over the previous two years. In saying all that, we still recorded record numbers in terms of our busiest ever month – 4507 appointments delivered in November; total number of clients – 6312; the number of contracted mental health professionals – 188; and the number of languages offered – 20.

FREE COUNSELLING

A huge part of our service delivery in 2022 was down to the Free Counselling Project, as funded by the Department of Health. Initially established as a support service for those suffering from long term effects of Covid-19, this project was designed to facilitate changing needs and priorities and was duly extended to those impacted by the ongoing events in Ukraine and the defective concrete blocks issues in Donegal and Mayo. In total, we delivered over 13,000 free appointments through this initiative in 2022, with the remaining 3,000 appointments extended into Q1 of 2023.

RECRUITMENT

In line with our mission to provide equal access to mental health support early, affordably, directly, without stigma or delay, 2022 witnessed an extensive recruitment campaign for high-quality mental health professionals across the country, with a network of 188 by the close of the year. Thanks to the notable efforts of our Clinical and Operations Teams, we were able to recruit an average of five new psychologists, psychotherapists and counsellors each month in 2022. Among these are professionals specialising in person-centred therapy, Cognitive Behavioural Therapy, humanistic and integrative psychotherapy, mindfulness, internal family systems, and more. We were also delighted to be able to extend the offering of services to 20 different languages, with the additions of Ukrainian and Irish in 2022.

PARTNER ENGAGEMENT

2022 was a year in which we extended our network of partnerships with organisations and ambassadors around the country. Irish winter athlete, Brendan Doyle continues to be a huge advocate for MyMind and we were extremely privileged to be named as one of the international recipients of a grant of USD25,000 as part of the International Olympic Committee (IOC) and International Paralympic Committee (IPC) Athletes for Good programme. Our sporting ties were further extended in October, with the announcement of our partnership with former international rugby player and vision sports campaigner, Ian McKinley, with whom we ran our very first Instagram Live event. We were also delighted to come on board as the official sponsor of QueerMania's PrideMania 2022 event in Dublin last June, which brought about a surge in the uptake of our free services for members of the LGBT+ community as part of the Connecting for Life project. Indeed, we weren't alone in welcome the return of normal activities last year, as we proudly took part in the Joy in the Park festival in Cork City, among a number of other events.

SYSTEM DEVELOPMENT

It wouldn't have been another year at MyMind without further developments and enhancements to our system, with the latest updates focusing on improving the design for online sessions, based on extensive research of users' experiences. Aiming to enhance usability while keeping up with current web standards, the most recent phase includes the addition of a waiting room, allowing clients and therapists to test the functionality of their camera and microphone; warning signals when something might not be working properly; visibility of their own image; a visible cue when the other party is online; simplified design with clear access to settings; addition of a direct call application; code optimisation, and many more.

4.2 MYMIND ON THE MOVE



Aware Wellbeing Workshop



Dublin Christmas Social



Cork Coffee Morning



Cork Summer Social



Ian McKinley Partnership



Limerick Summer Social



IIMHL Leadership Exchange



INSEAD Healthcare Conference



Primeline Cheque Presentation



Sue Landsberg Charity Sky Dive



Internal Strategy Day



Joy in the Park



LGBT Ireland Conference

4.3 COLLABORATIONS AND PARTNERSHIPS



WORKING TOGETHER FOR MENTAL HEALTH



MENTAL HEALTH IRELAND

Mental Health Ireland’s vision is for an Ireland where mental health is valued and supported as an essential part of everyone’s health. Our partner organisation MyMind is one of the driving forces behind this vision and has carved out a new and unique space for mental health care in Ireland. MyMind not only supports people to look after their own mental health with affordable and easy access to counselling and psychotherapy, it meets people where they are and when they need it in their own language. At the heart of everything we do, is coproduction – this is including and valuing the voice of lived experience. MyMind has been a pioneer for inclusiveness and continues to make bold and innovative moves to break down barriers to mental health care such as free therapeutic support for displaced Ukrainian people. The team at MyMind doesn’t stand and watch as the world turns and need continues to grow – it steps in to meet this need and is dynamic in its approach, constantly learning, adapting and innovating. We never stop learning from MyMind, and we look forward to continuing our work with the team with the shared goal of creating a culture where everyone is respected, empowered and supported when our mental health is challenged.

CARMEN BRYCE
Communications Manager, Mental Health Ireland

AWARE

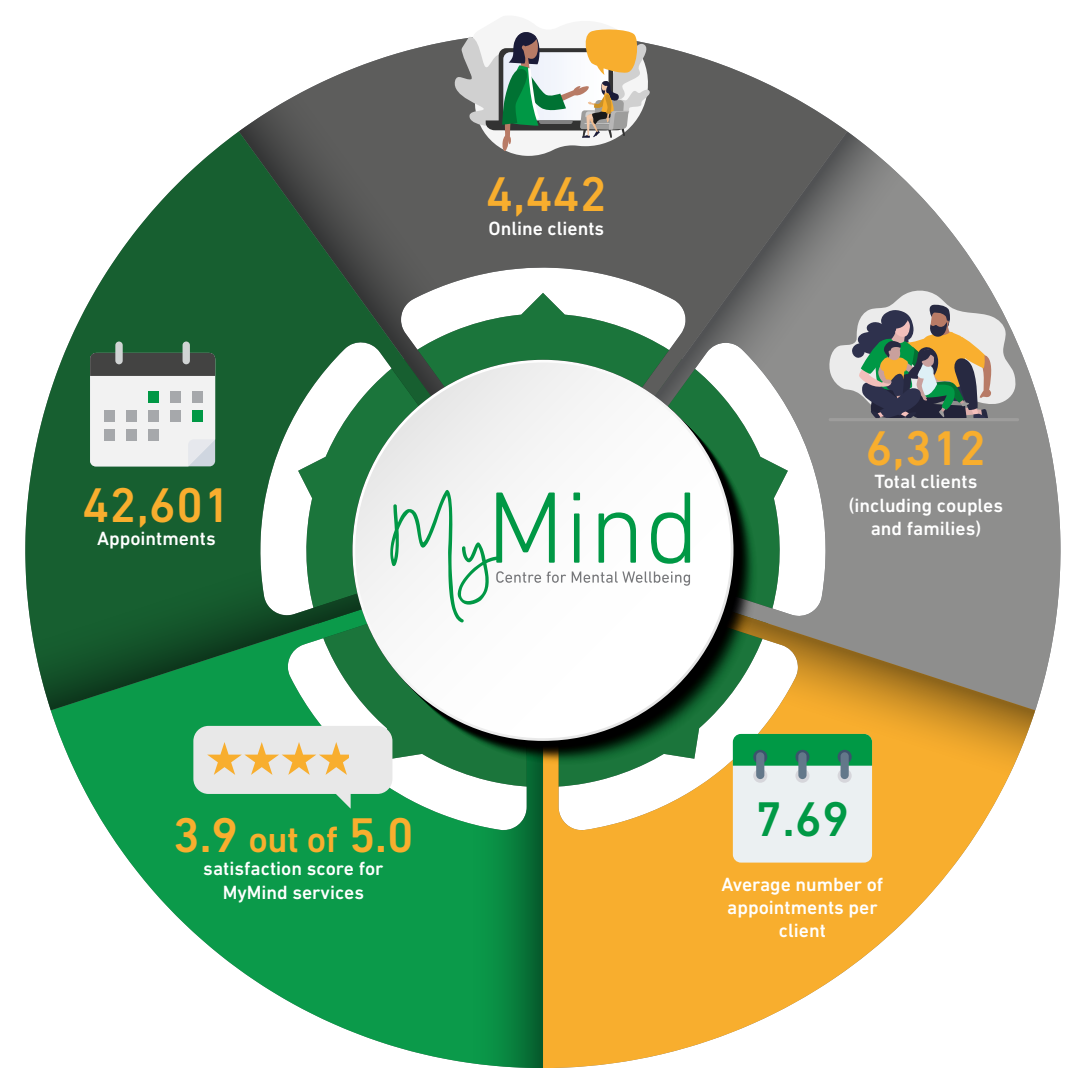
As part of the implementation of Aware’s current strategy, we have sought to build relationships with other mental health services providers. Into this space we were delighted to collaborate with MyMind psychotherapist, Sara Lavecchia, in the spring of 2022. Sara delivered two excellent workshops at two set-piece training events in the Aware calendar. Sara offered a great blend of wisdom, practical knowledge, and theoretical input to our volunteers. This served to enhance their listening skills and develop their understanding of self-care in the performance of their role. We are hopeful of further and deeper collaboration with MyMind into the future and were delighted with the impact of Sara’s work with us.

Director of Services, Aware

05
STATISTICS



5.1 STATISTICS FOR 2022



Number of active Mental Health Professionals:

188



Number of active service languages:

20



The number of calls answered:

6,564



The number of emails answered:

19,587



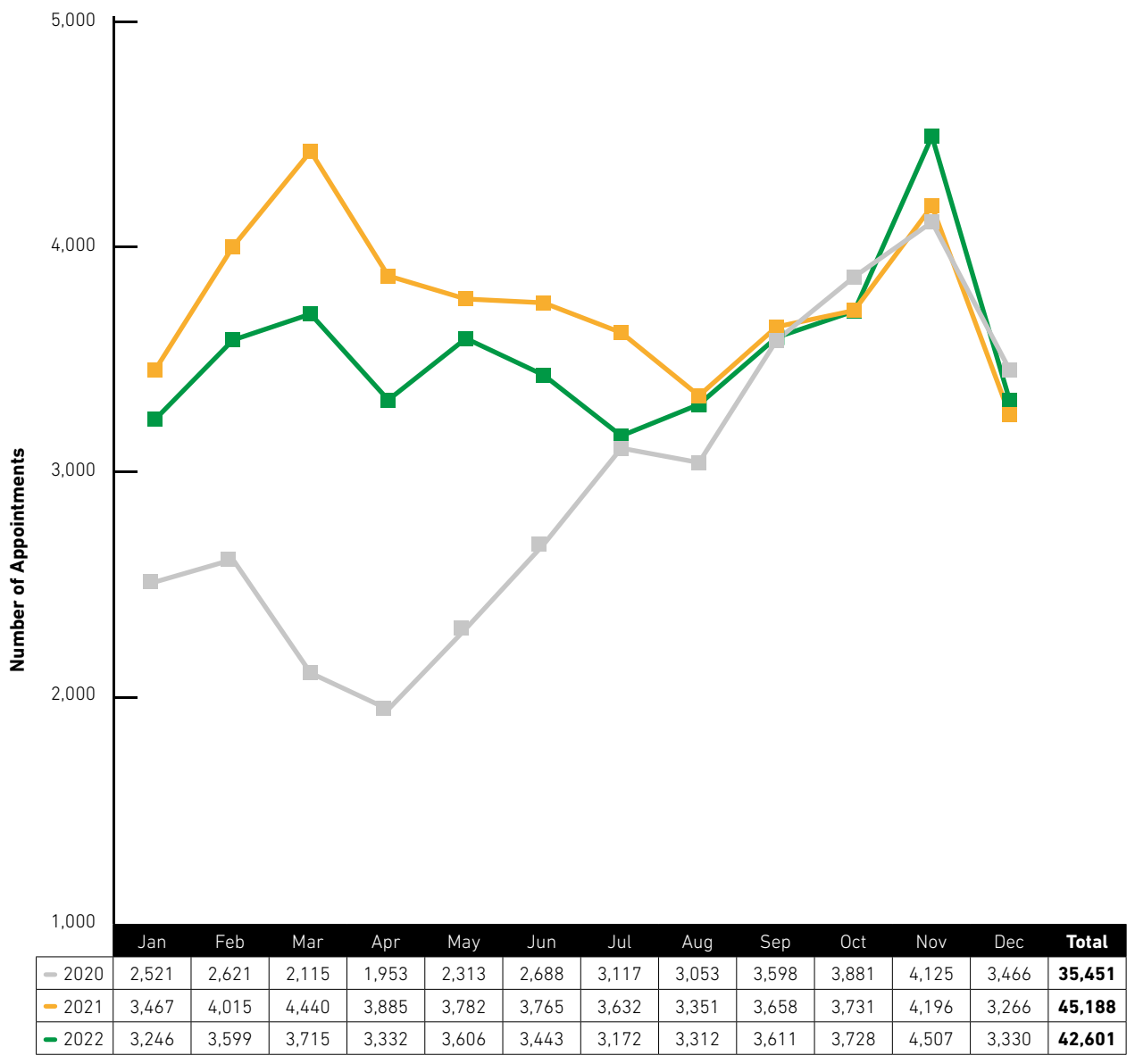
The number of live chats answered:

561

5.2 APPOINTMENTS BREAKDOWN

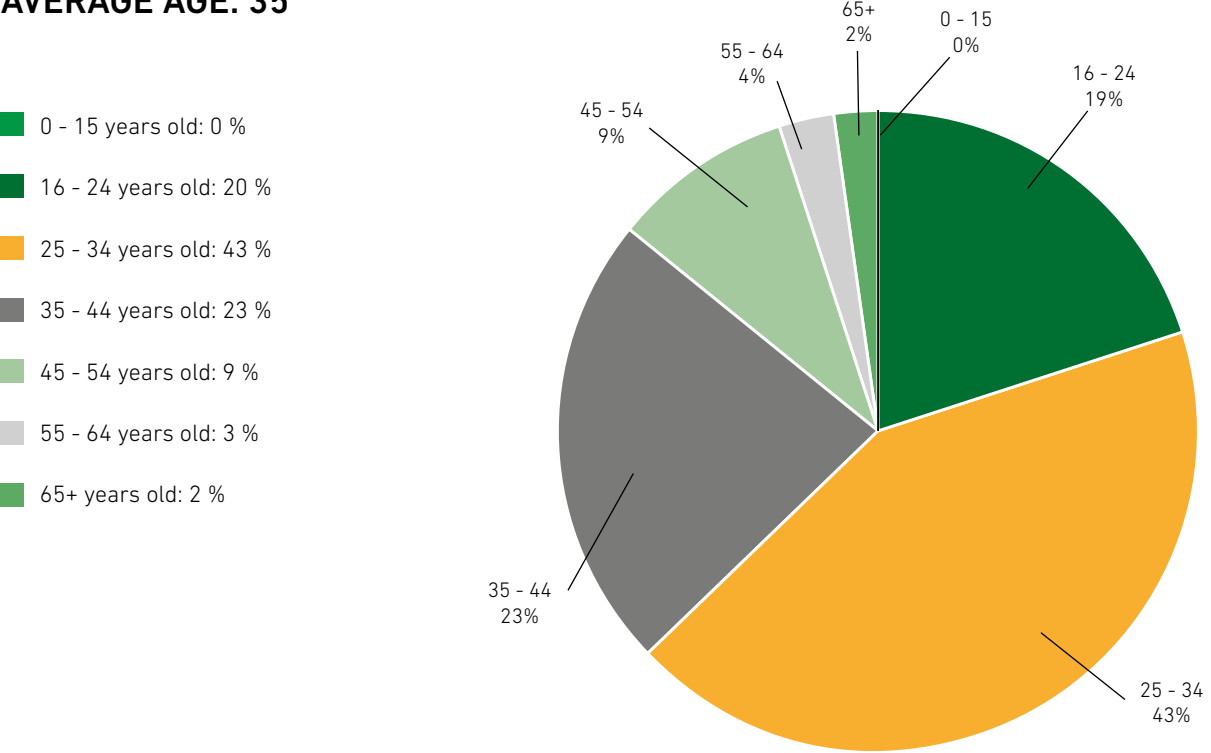
022	Face to face	Online	Total
Cork	4442	1030	5472
Dublin 1	2545	818	3363
Dublin 6	3430	614	4044
Dublin 8	1746	603	2349
Limerick	1503	635	2138
Online / remote	N/A	25235	25235
Total	13666	28935	42601

NATIONAL APPOINTMENT CHART (2020, 2021 AND 2022)

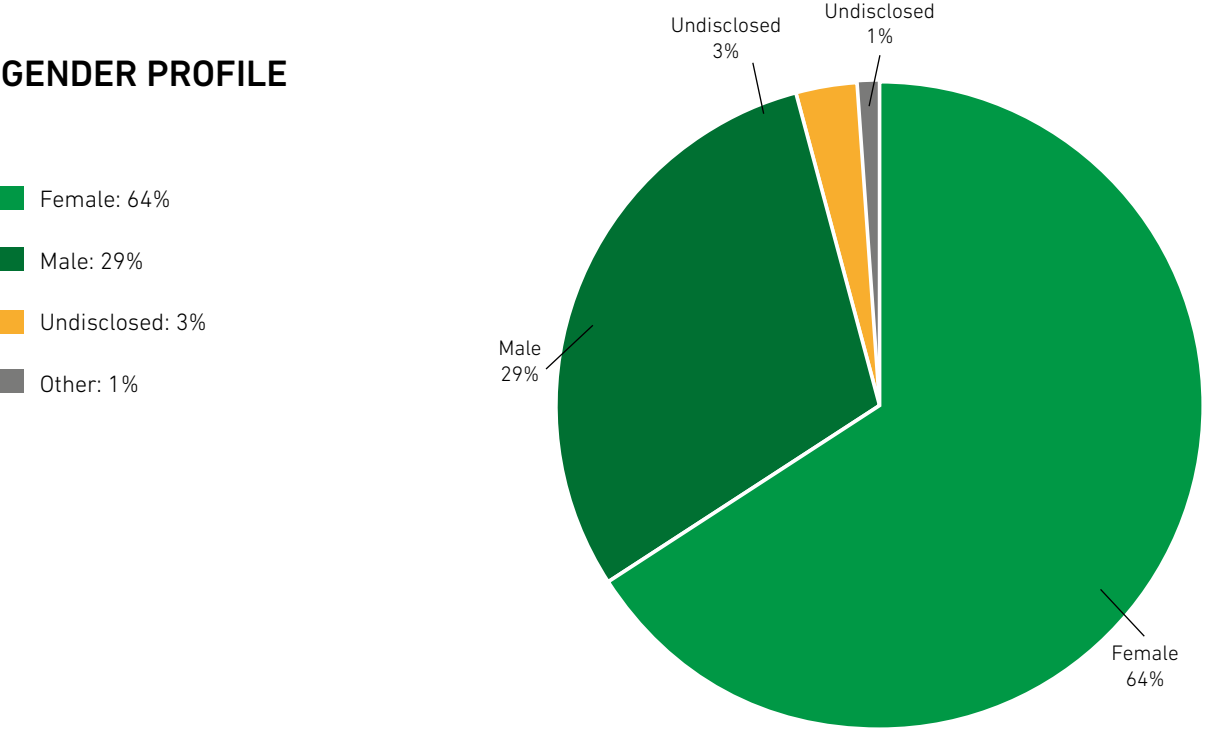


5.3 CLIENT PROFILE

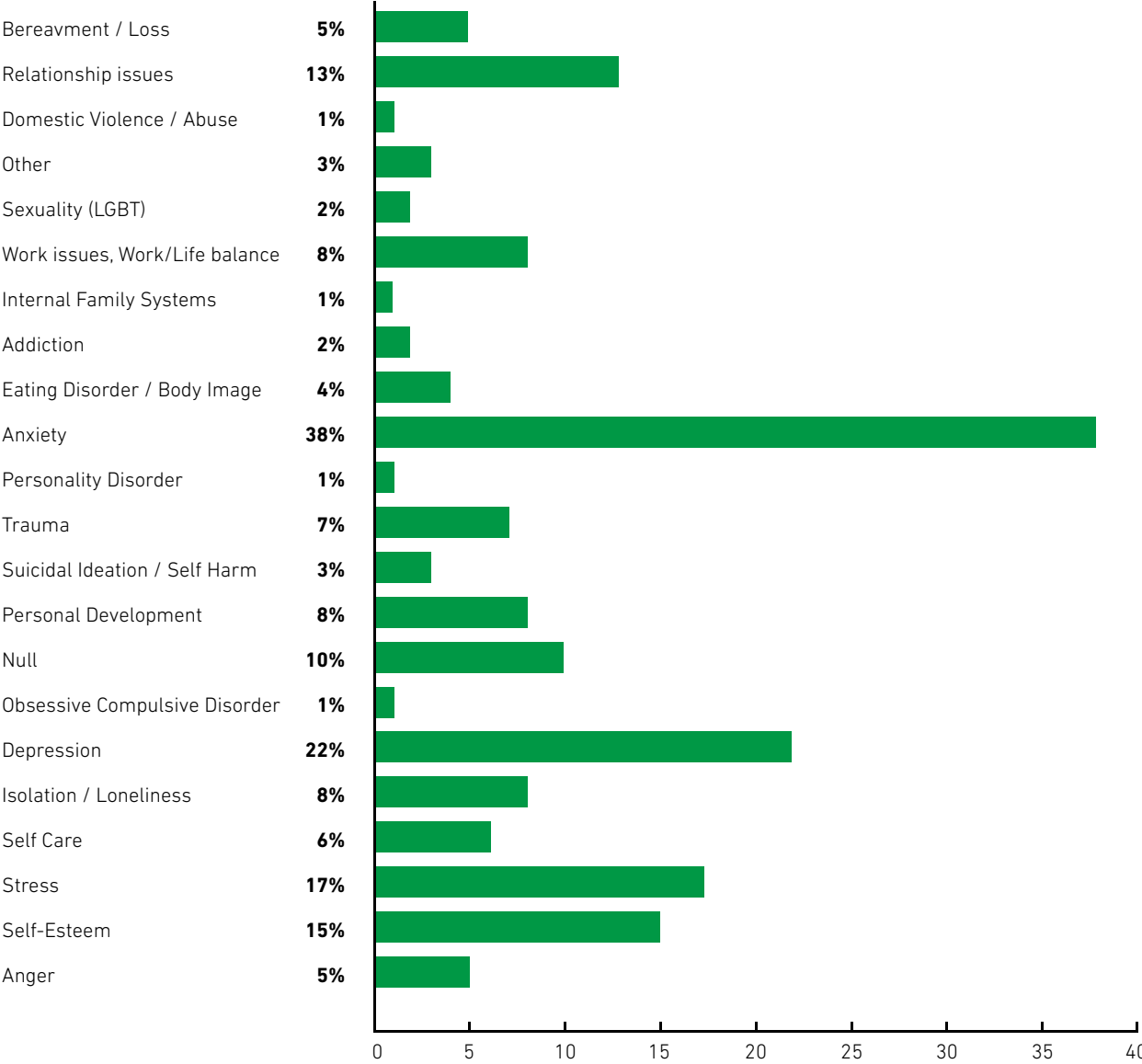
AVERAGE AGE: 35



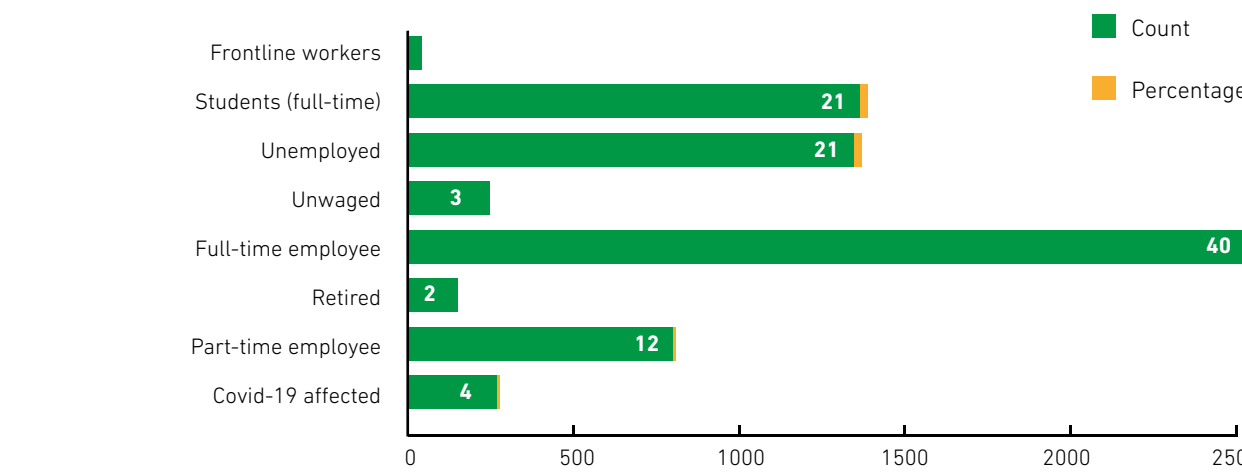
GENDER PROFILE



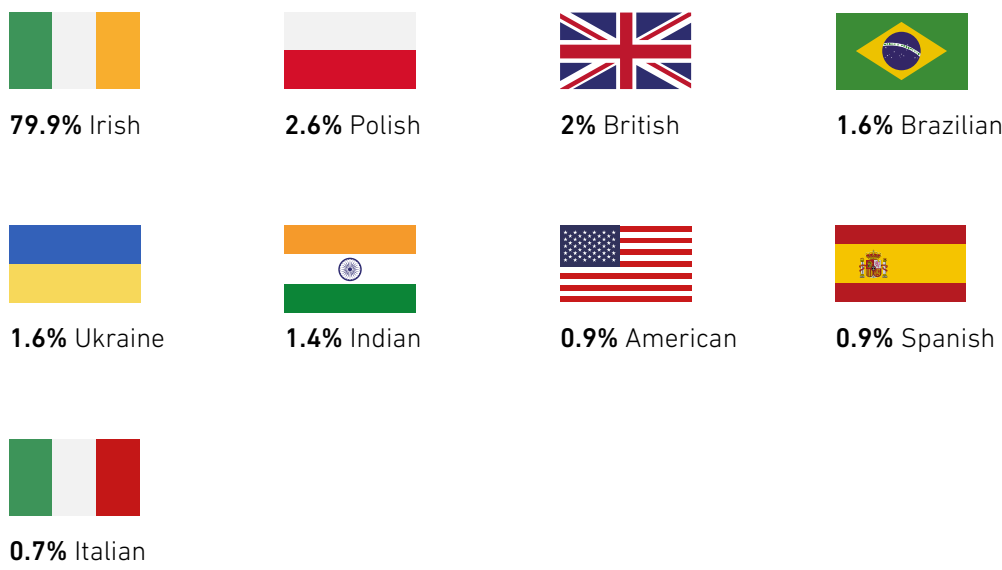
5.4 PRESENTING ISSUES



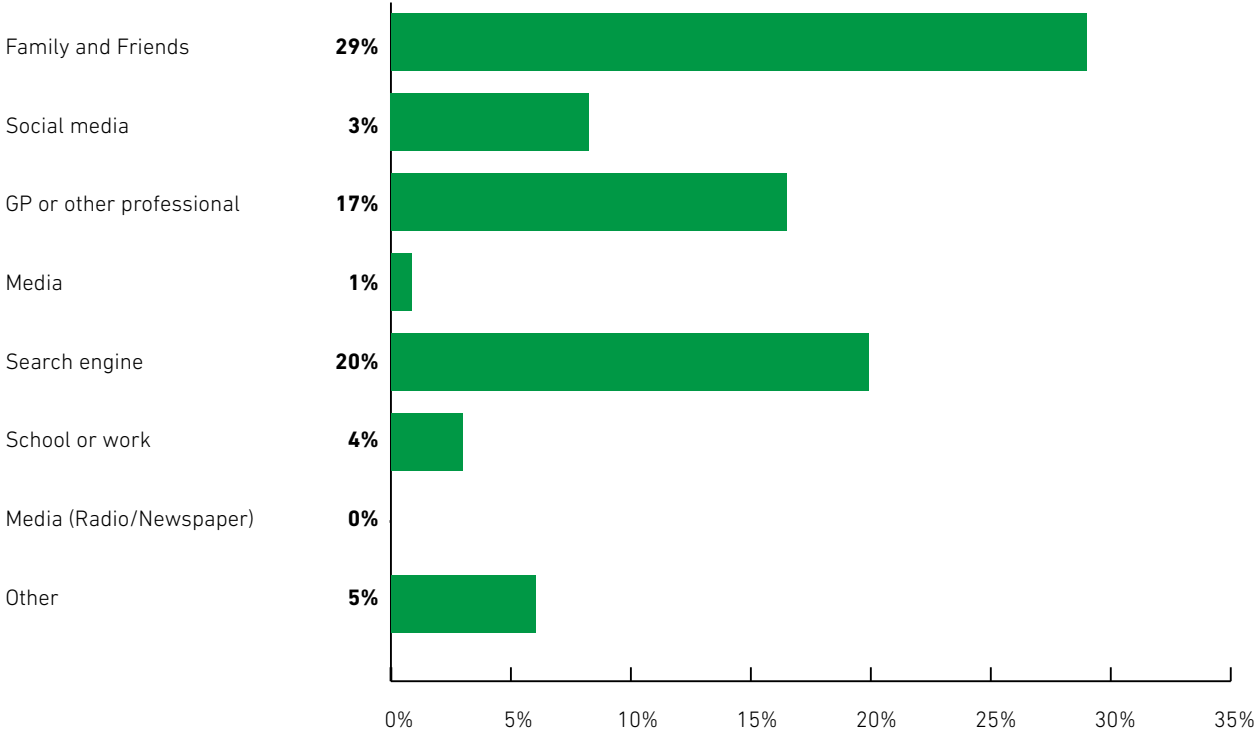
5.5 ELIGIBILITY STATUS



5.6 BREAKDOWN OF NATIONALITIES



5.7 DISCOVERY OF MYMIND



06

CLIENT TESTIMONIALS





6.1 OUR CLIENTS: TJ

I have been attending online sessions with my psychotherapist through MyMind for almost two years now. I initially attended for a bereavement I had experienced, but since then my therapist and I have gone on to tackle much deeper and long-established issues. Having had some bad experiences with therapists in the past, I was wary of embarking on another journey with someone who turned out not to have the necessary skills to help. However, my therapist's support has been invaluable to me in what has been a difficult couple of years, and our therapeutic relationship has gone from strength to strength. I count myself lucky to have heard of MyMind when I did and to be able to access therapy at rates suited to my income.

TJ
Former client

”

6.2 OUR CLIENTS: STACEY

Counselling is something I have always thought about but because I haven't felt like I've had significant enough trauma in comparison to others, I didn't think I was worthy of it. When I felt I had nowhere to turn, MyMind offered me a space to contain and share my life but build on a relationship with myself I'd never exchange. Counselling is the best thing I've ever done for myself, and it's changed my entire outlook on life. As I cut back on things in a time of expense, counselling is one constant that I'll always keep. If you're thinking of doing it, do it. Nobody had ever regretted living a more authentic life.

STACEY
Former client

”

7.1 CLINICAL TEAM

MyMind's Clinical Team is responsible for managing all clinical aspects of the organisation, including the necessary policies, procedures and processes that allow for continuous growth and development. We put significant focus on enhancing the experience of our network of mental health professionals (MHPs), specifically through an extensive programme of Continuing Professional Development (CPD) and peer support.

Among the key activities and achievements of the clinical team in 2022 were:

- Providing clinical support to MHPs
- Emergency/crisis management and reporting
- Delivery and analysis of quarterly clinical reviews

- Further development of MyMind Employee Assistance Programme (EAP)
- Clinical interviews
- Handling client complaints
- Involvement in HSE project on Best Practice Guidance for Suicide Prevention
- Review and updating policies and procedures
- Participation in HSE Trauma Oriented Services and Recovery Working Group
- Updated registration, intake and screening processes
- Engagement in Mental Health Reform Policy and Advocacy Members Working Group

7.2 CPD FOR MENTAL HEALTH PROFESSIONALS

At MyMind, it is important to ensure that our team members are supported in their professional development and, as such, we run regular CPD programmes and events focusing on a range of topics, in collaboration with external providers. Free of charge and exclusive to MyMind contracted MHPs, the monthly online sessions over the course of 2021 welcomed 260 attendees from across the country.

Among the topics covered were:

- Working Therapeutically with people with Eating Disorders
- LGBT+ Awareness
- Support in Aftermath of Rape & Sexual Assault
- Attachment Formation and Repairing Ruptured Attachment
- Systemic Ideas
- Trauma Healing
- Motivational Interviewing
- Compassion Fatigue
- Counselling for Sight Loss

7.3 PEER SUPPORT

Since 2019, the clinical team has been running monthly peer support groups for MHPs around the country. In 2022, there were a total of 35 peer support group sessions, offering MHPs the opportunity to interact and connect, share experiences, and seek out guidance and support, with an average of four to five specific cases being discussed in each meeting.

A word from our peer support coordinators:

"I have been attending peer support both online and face to face. I feel it is a valuable and needed space where we can share our experiences and expertise. A space where therapists offer each other support and advice."

Sara Lavecchia

8.1 MENTAL HEALTH PROFESSIONALS

At the end of 2022, MyMind had a team of 188 contracted mental health professionals providing access to affordable mental health services in 20 languages, including Polish, Spanish, Portuguese, Ukrainian, Irish, Italian, French and German.

MyMind has a strict code of practice in place to ensure that our professionals are able to consistently deliver a high quality of service while at the same time ensuring that they maintain their own high standards of professionalism and personal wellbeing.

All mental health professionals avail of the following:

- A strict professional governance code
- Quarterly team meetings
- Regular clinical reviews
- Continuous Professional Development (CPD) opportunities
- Peer support

8.2 LETTERS FROM OUR TEAM

GRAHAM NAGLE

Psychotherapist

Before I started working at My Mind, many people had mentioned their positive experiences, and this was a key reason I applied to join. From the interview stage, I feel that I have been offered such warm and gentle support. I can honestly say it was the most positive and comfortable interview experience I have had. I was given time to express myself and my passions as a therapist. From the first day I entered the Cork office, I always felt welcomed and supported. I felt comforted, knowing that I could rely on first class clinical support, where an open-door approach is hugely effective. An important part of the clinical support is a quarterly clinical review, where I am given the opportunity to give feedback about my concerns and to request extra clinical support.

MyMind offers an excellent online system where online sessions are conducted; bookings can be made and a space to engage directly with clients through a direct messaging system. At the click of a button there is a steady flow of clients. There are several different comfortable spaces in the Cork office, that are bright and spacious, which facilitate a comfortable experience both for the client and me as the mental health professional.

As an extra form of support, MyMind offers a diverse range of CPD. As a mental health professional, it is my job to keep up to date with CPD. With the many ways in which My Mind engages with mental health professionals, we are surveyed on what CPD we would like to complete. As a result, wide variety of CPD is offered.

On a personal level, I have developed a close network of mental health professionals, that I have been lucky enough to call friends. Being a mental health professional can be at times an isolating job, this is remedied by MyMind's offer of peer support groups. In between sessions, I have the option to relax and socialise with other therapists in a communal area. I often strongly recommend MyMind to other mental health professionals because for me it has been a very formative and positive experience.

ESTHER ELEOJO ABBAH

Psychotherapist

I have been working with MyMind for over a year now and I am grateful to be part of this organisation. The support offered by the team is great, not just for the clients, but also for the mental health professionals as well. Working with MyMind gives me a very comfortable feeling and enables me to do my job to the best of my ability.

I am grateful to be part of such an organisation that identifies and provides much-needed support for the community at an easily accessible, affordable rate, and in a number of languages, which helps to ensure that everyone is catered for, regardless of their backgrounds. From my perspective, there is no better way to support and contribute to the wellbeing of the society, so I feel delighted to be part of the team.

8.3 MYMIND STAFF

Through 2022, the Senior Management and Operations teams comprised:

- **KRYSTIAN FIKERT**, CEO
- **FIONA WALSH**, Finance Manager
- **MARTA JAWORSKA**, Clinical Manager
- **JOAN CONNOLLY**, Head of Strategy and Business Development
- **TOM HANRATTY**, Communications Manager
- **ANTHONY HOYNE**, Head of Operations
- **ALINE RESENDE**, UX/UI Designer
- **AMBER O'DOHERTY**, Digital Communications Specialist
- **EMMETT MCNAMARA**, Operations Specialist
- **CALLUM MCGUIRE**, Operations Specialist
- **AISLING GRIFFIN**, Operations Specialist
- **FARAH PIRBAZARI**, Operations Specialist
- **SARAH GUINA**, Operations Specialist
- **KEVIN O'CONNOR**, Senior Operations Specialist
- **AISLING GRIFFIN**, Operations Specialist

8.4 BOARD OF DIRECTORS

BRIAN MULVIHILL
(joined and appointed Chairman 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 since 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.

ORLA NUGENT
(Joined in May 2022)
Deputy CEO and Head of Systems Funding and Performance at Higher Education Authority

RICHARD MCNIFF
(joined in February 2021, left in November 2022)
Richard is a director at Accenture's Global Centre of Innovation, the Dock. He works with large corporate clients to create or build new products or businesses that drive future growth. Richard brings his skills in building and scaling organisation to the MyMind board with a specific focus on the financial and technical side of the business. Richard previously worked for Zurich Insurance and Kainos.

BRIAN MULVIHILL
(joined in July 2015, left in February 2022)
Brian is the Finance and Investment Manager at Irelandia Investments. Holding a Bachelor of Commerce (Hons) degree from University College Cork, Brian trained as a Chartered Accountant (ACA) and worked for KPMG and GE Capital, prior to joining Irelandia. He is a former member of the Board of Directors of the Gaelic Players Association (GPA), where he also acted as Company Secretary and sat on the Finance Committee.

DR PAUL SCULLY
(joined in July 2012, left in June 2022)
A Consultant Psychiatrist at St. James's Hospital, Paul is also Vice Dean of the College of Psychiatrists of Ireland, a Director of the Dublin University Psychiatric Rotational Training Programme and a part-time senior lecturer at Trinity College Dublin.

DAVID ALLEN
(joined in January 2020, left in March 2022)
David is a practising barrister, based in Dublin.

GET IN TOUCH

Call: 0818 500 800
(from Ireland)

Call: (+44) 20 33 22 44 99
(from Northern Ireland)


Email: hq@mymind.org
Or visit: mymind.org


To book an appointment, visit our website
or scan the following code:



 @mymindcentre

 @mymind

 @mymind

 @mymindcentre

 @mymindcentre



MyMind
Registered Company in Ireland 434008.
CRA number 20065812
Charitable status CHY 17600.
© Copyright, all rights reserved