

How to access your EOLAS programme.

The EOLAS Family and Friends programme is now available in your area. There are approximately eight to twelve places on each programme.

“EOLAS was a God-send because I was... in the dark. After attending that course, I had a plan. I had an understanding.”

“...From an information point of view it was fantastic...every week you got something new out of it.”

If you are interested in attending the programme or need further information you can speak to a member of your local mental health team, call your local clinic or call any of the contact numbers on this leaflet.

Contact Details: Local contact numbers



EOLAS Project Team
KYS
Canal Stores
Naas, County Kildare

Phone: 045 897 893
Email: eolas@kys.ie

The EOLAS Project



The Eolas Mental Health
Information and Learning
Programme for Families and Friends.

Information for Participants

What is the EOLAS Programme?

EOLAS is a Mental Health information and Support Programme for families and close friends of service users with a diagnosis of schizophrenia or bipolar disorders. EOLAS also provides a programme for service users. The focus of each EOLAS programme is on the promotion of recovery.

The delivery of the EOLAS Programme for family and friends is unique. It provides information through family members and clinicians working together using knowledge gained by lived experience and clinical expertise. To ensure the programme is meeting people's needs it is evaluated. You may be part of this process and provide feedback, if you wish.

It is our hope that this learning will increase your awareness of self care needs and promote your confidence in supporting your family member or friend.

What participants have told us about EOLAS

- Gives improved confidence in care giving
- Increases knowledge of mental health issues
- Increases knowledge of services provided by the mental health team.
- Increases knowledge of managing relapse prevention
- Increases awareness of self care
- Increases hopefulness
- An important source of emotional support
- Increases confidence for self advocacy

Content of the EOLAS Programme

The programme is run over 8 weeks. Each session is of 90 minutes duration and allows time for discussion and questions. Different topics are covered each week with guest speakers for a number of sessions.

Each programme is delivered by two co-facilitators one of whom is a family member and the other is a clinician. You will be provided with a manual containing a summary of all information that is discussed during the session.

Week 1: Introduction to EOLAS

Week 2: How diagnosis is made

Week 3: How Mental illness can affect family and close friends

Week 4: Coping and effective communication

Week 5: Treatment options and Recovery

Week 6: The family in recovery

Week 7: Planning for the future

Week 8: Advocacy and challenging stigma