

How to access your EOLAS programme.

The EOLAS programme for Service Users is now available in your area. There are approximately eight to twelve places on each programme.

“I don’t know that anyone can fully understand what it’s like unless you’ve been there... that is why I found it really important that a service user (facilitator) was there. This does make you feel that it is achievable.”

“It would have been the best experience in 10 years in mental health services.”

(Comments from participants after the programme)

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 Service Users.

Information for Participants

What is the EOLAS Programme?

EOLAS is a Mental Health Information and Support Programme for service users with a diagnosis of schizophrenia or bipolar disorder.

EOLAS also provides a programme for family members and friends. The focus of each EOLAS programme is on the promotion of recovery. 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.

The delivery of the EOLAS Programme is unique. It provides information through service users and clinicians working together using knowledge gained by lived experience and clinical expertise. It is our hope that this learning will assist you by promoting confidence on your journey to recovery.

What participants have told us about EOLAS

- Increases knowledge of mental health conditions
- 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: Treatment interventions towards Recovery

Week 4: Voices and Distressing belief

Week 5: Recovery

Week 6: Maintaining recovery and relapse prevention

Week 7: Self advocacy and Stigma

Week 8: Rights and Entitlements