

## What to bring



## Further information

You might like to have a look at our website:

[www.lucenaclinic.ie](http://www.lucenaclinic.ie)

...or at some of these other websites:

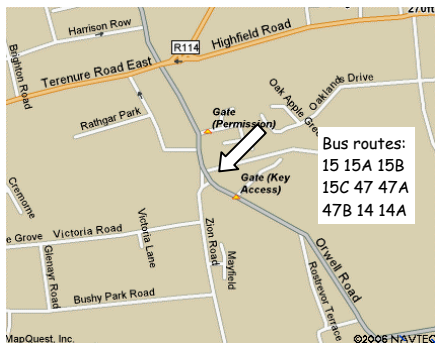
- [www.headstrong.ie](http://www.headstrong.ie)
- [www.rcpsych.ac.uk/mentalhealthinfoforall/youngpeople.aspx](http://www.rcpsych.ac.uk/mentalhealthinfoforall/youngpeople.aspx)
- [www.headspace.org.au](http://www.headspace.org.au)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.spunout.ie](http://www.spunout.ie)

## Information Leaflet 3



If available, you should bring:

- a recent school report
- any psychological reports
- anything else you think might be relevant.



for young people coming to an assessment with team c

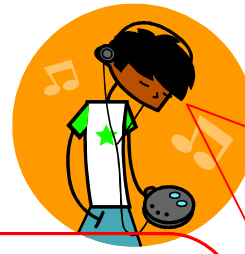


**Lucena Clinic**  
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Rathgar  
Dublin 6

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### Why do young people come to Lucena Clinic?

Young people (and their families) come to the clinic for all sorts of reasons; they may be having troubles at home, or in school, or getting on with friends. We also work with young people who are struggling with difficult emotions, like feeling down, angry or anxious, and who may be worried about harming themselves.



### Who will we see?

Your family will see at least two members of the clinical team. The team is made up of consultant psychiatrist, specialist nurse, registrar (trainee psychiatrist), psychologist, social worker, speech and language therapist, occupational therapist and social care leader.

### What will happen at the clinic?

After you check in at reception, you'll be asked to take a seat in the waiting room. Then one of the team will come and meet you and bring you all to a clinic room, where we'll talk. We normally give young people the chance to talk to someone on their own for a bit, too. After about an hour and a half, we'll take a short break. This gives us the chance to discuss your worries with the rest of the team. After the break, we'll meet together again to talk about what we think might help, and what happens next. This can all take up to 3 hours, but follow-on sessions are shorter.

### Is it safe to tell you private things?

What you tell us is confidential. This means we won't tell anyone else outside the clinic without your permission. Sometimes if we are very worried about your (or someone else's) safety, we might need someone else to know, especially your parent. But we will always discuss this with you first.



### What kind of questions will you ask?

We usually ask lots of questions. We will ask you what is troubling you and your family. We will talk about the concerns you have and how you feel we can help. To help build up a complete picture, we will also ask your parents some questions about their families and what you were like growing up, and we'll give you the chance to talk to one of us on your own, too



### Who should come?

You and both parents.