



COUNSELLING &
PSYCHOTHERAPY

STATEMENT ON THE COVID 19 OUTBREAK

As a frontline mental health service we are open for face to face work with clients. **HOWEVER, PLEASE NOTE THE FOLLOWING CIRCUMSTANCES WHEREBY YOU SHOULD NOT ATTEND THERAPY AND SHOULD CONTACT YOUR THERAPIST TO ADVISE THEM:**

- If you have developed symptoms or are diagnosed with COVID 19. Symptoms of coronavirus include but are not limited to: fever, fatigue, sore throat, runny nose or lost of taste or smell
- If you have had first-hand contact with someone who is diagnosed with COVID 19 or have been designated a close contact by the HSE contact tracing team.
- If you have been advised to self-isolate
- Where you have travelled abroad and are required on return to self quarantine or enter mandatory hotel quarantine. For further information see www.gov.ie

TO AFFORD YOU MAXIMUM SAFETY, WE ARE TAKING THE FOLLOWING STEPS:

- Please wait in your car until your therapist texts you to come in. You can then use the sanitising facilities on arrival in reception.
- Social distancing: The rooms will be arranged so that there is at least 2 metres distance between you and your therapist. Safety screens have been installed.
- Face coverings must be worn for the full duration of your attendance
- Mitigation screens have been installed in all therapy rooms
- Daily disinfection of all surfaces within the therapy rooms between sessions.
- Disinfection technology for toys, figurines sand tray
- Antimicrobial layering takes place at the practice on a regular basis.
- Therapists have been briefed on steps required to minimize exposure to coronavirus and will also be adhering to the points above on when not to attend. Therapists are required to diarise all daily contacts and temperature check before attending work.