

Contact Details

If you wish to participate in the EOLAS Programme in your local area, discuss this with your local mental health team, and ask to enroll in the programme. Find out when the programme is due to be delivered in your area, and the venue.

If the programme is not due to be delivered in your area, encourage the local service to find out more about the programme. There may be a patient or family advocacy group in your area which can assist with this.

The EOLAS Project has an office with KYS (Kildare Youth Service), based in Naas.

For more information, contact:



The EOLAS Mental Health Information and Learning Programme

Information Leaflet
for Participants

What is the EOLAS Programme?

EOLAS is a new and innovative information and learning programme in mental health, which provides participants with information about mental health diagnosis, causes of mental health difficulties, treatment options, ways of managing symptoms, dealing with stigma and pathways to Recovery.

EOLAS is designed for people who have developed serious mental health difficulties (such as schizophrenia or bipolar disorder) and also their families and close friends.

EOLAS is unique: it has been developed and is delivered in collaboration with service users, families and friends along with clinicians, voluntary and statutory agencies.

EOLAS is firmly based on the Recovery approach to mental health.

EOLAS is evidence-based and undergoing continuous evaluation by the School of Nursing and Midwifery in T.C.D.

What does research tell us about EOLAS?

Independent research carried out by the School of Nursing and Midwifery at Trinity College, Dublin tells us the following:

- 100% of participants would recommend the EOLAS Programme to others.
- Nine out of ten rated their satisfaction and enjoyment of the programme as high/extremely high.
- Having a user of services/family member as a facilitator on the programme was a positive experience.

"You feel empowered in a couple of ways... I do feel that I can talk to the psychiatrist or the doctor about that [medication and triggers] now." (Service User Participant)

"She [service user facilitator] was so confident and then she identifies with us because she suffered like us... You know, she'd say, 'Oh I know, yeah, that's what happens.'" (Service User Participant)

"It was great that everybody could come together and you know learn from each other, you know that was useful." (Family Member Participant)

"I think that's all people want...they want information and they want to meet other people who are in a similar boat. I think people feel very isolated." (Family Member Participant)

How can you participate in the EOLAS Programme?

The EOLAS Programme is being rolled out in services in Ireland, initially in the Dublin/Leinster areas. Sites are selected on the basis of interest, commitment and readiness of local management teams. The delivery of EOLAS at local sites is supported by the EOLAS Project Team.

EOLAS consists of two parallel programmes (one for services users and the other for families/close friends). Each programme consists of 8 group learning sessions lasting 90 minutes or so and running over 8 consecutive weeks. Each group contains about 10 participants.

Each programme is delivered by two fully trained co-facilitators, one of whom is a peer facilitator (i.e. a service user or family member) and the other a clinician.

During the programme, you will be provided with a printed manual that contains a summary of all the information that you will learn.

The programme is designed to be informal and user-friendly. Participants will be welcome to contribute knowledge from their own experience of recovery during the programme.

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