

MyMind
Mental Health Matters

KRYSTIAN FIKERT
AND HIS TEAM AT
MYMIND ARE
TRANSFORMING
THE WAY IRELAND
ACCESSES MENTAL
HEALTH SERVICES.

A NEW WAY OF THINKING

IRELAND'S MENTAL HEALTH SYSTEM IS COMPLICATED AND OVERTAXED.

If you are in Ireland and suffering from depression, anxiety, trauma, stress or addiction you may find yourself waiting up to 9 months to see a mental health professional. Until now, the only alternative was private care. Which might enable you to be seen sooner, but would also cost you about €100 an hour.

But MyMind is filling a previously unmet need: affordable, quality mental health care from a team of 100+ therapists that includes online services as well. And the waiting time? Generally 72 hours from first contact to first appointment, sometimes less.

Krystian Fikert came to Ireland from Poland to work for Google. But his background in psychology led him to found MyMind in 2006. The organization is a social enterprise model: fee-paying clients access psycho-therapy for €50 an hour which then subsidizes services for students, unemployed clients and those who cannot afford the full cost. They in turn, pay €20 an hour.

Clients have a range of choices of therapists and can initially "meet" their therapist through the MyMind website or access online information and support via e-MyMind. This model appeals to many younger clients who while they will eventually meet face to face for therapy, appreciate being able to first see and learn about their therapist online. While the majority of therapy is handled face-to-face at their centers in Dublin and Cork, clients can also Skype their sessions with therapists and counselors often saving hours of travel time. Soon, MyMind will open in Limerick and Galway.

MyMind has won awards and recognition from Social Entrepreneurs Ireland (SEI), Ashoka and the Arthur Guinness Fund for their business model and the impact it is having across Ireland. Most recently they have been awarded the SEI Impact Award, which will provide significant growth capital and support to the organisation. Thousands of adults and children have received mental health care in a timely and affordable manner that would otherwise not be available to them. Thousands more people have received online support from MyMind's online team of 11 therapists and counselors.

"It's great recognition for us to receive a grant from The Ireland Funds, says Krystian. "We know of the wider network behind them and it's important to us to raise our visibility. Our primary goal is to be accessible to our clients and offer early intervention. We can help assess their situation which not only addresses problems in the short term but can save them time and money later on down the line."

"WE'RE PIONEERS IN THE MENTAL HEALTH SECTOR WITH THIS SOCIAL ENTERPRISE MODEL. WE'RE EMBRACING TECHNOLOGY AND REACHING OUT TO PEOPLE IN A WAY OTHER SERVICES CANNOT, AND THAT'S EXCITING."

— Krystian Fikert,

Founder and CEO of MyMind

