

## **The Men's Development Network**

### **Programmes Nationally:**

#### **The Men's Development Programme**

- New Conversation with Men Training
- Annual National Training and Development Summer School
- Guidelines and listening skills for group work

#### **The Men's Health Programme**

- Health training programmes
- National Men's Health Policy Implementation
- Being male

#### **MEND – South East Domestic Violence Intervention Programme**

- Safety women/children
- Changing men's abusive/violent behaviour
- Co-ordinated community response

#### **Men's Development Training and Education**

- Training programmes
- Social, Personal and Health Education
- Community education and development

#### **Work with Targeted Groups**

- Men who experience unemployment, disadvantage and marginalisation
- Traveller men
- Refugee and Asylum Seekers

#### **Delivery of Men's Counselling**

- Accessing men through outreach work
- Counselling and support for relationships and bereavement
- Creating a safe place to talk

## **South Eastern Rainbow Support Services**

- Confidential, non-judgemental environment in which to discuss your concerns, emotions and feelings.
- Support with the process of 'coming out' to friends and family.
- Discuss and work through difficult issues, such as low self-esteem, depression, anxiety and addiction.
- Provides a safe environment to explore private matters such as sex and relationship issues.
- Same-sex couple's therapy.
- We also offer support to family members who may have difficulty coming to terms with a family member's sexual orientation or gender.

## **South Eastern Employee Support Services**

- Is designed specifically in accordance with your organisation's and the client's needs
- Provides direct access for each employee to face to face counselling.
- Is managed and delivered by accredited Employee Assistance Professionals and qualified counsellors.
- Is designed to provide clear boundaries in relation to confidentiality to both the individual employee client and the organisation.

**TUSLA**



## **The Men's Development Network Counselling Service**

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**Company Registration No:** 307175



## MDN Counselling Service

The MDN Counselling Service is a low cost counselling service which provides a safe, supportive, confidential space for all people who may be affected by issues in their lives that are impacting on their mental health, wellbeing and relationships, and who wish to bring about change in their lives. Counselling is a collaborative relationship between client and counsellor which works to help the client find solution or resolution to issues affecting their life.

### What you can expect if you contact us.

When you contact our service you will be given an appointment date and time for assessment. This assessment involves completing a client information sheet and a questionnaire. Then some background information is taken on why you have come to counselling and what you hope to get from it. On completion, you will be assigned a counsellor who will contact you to organise your appointment dates and times.

Our service works to help clients with mental health issues including, but not confined to issues such as:

- depression,
- anxiety,
- stress
- grief and bereavement,
- domestic violence
- communications,
- interpersonal relationships,
- abuse
- anger
- trauma
- bullying/harassment
- sexuality

- sexual orientation
- Provides direct access for each employee to face to face counselling.

and any other personal issues which are affecting their lives and the lives of those around them.

## MDN Counselling Service for Men

In our counselling work, our focus is on men who experience marginalisation, especially through poverty and exclusion. We realise that there is a very poor take up of such services by these men through the more mainstream channels. Men who experience marginalisation are more inhibited by professional services because of their life-long experiences of being isolated.

This is borne out by the Mc Keown Report “Unhappy Marriages” for ACCORD and the Department of Social and Family Affairs, December 2002 which highlights the fact that less men attend for counselling... but what is equally significant is that:

“The only striking absences in ACCORD’s client base seem to be individuals and couples living in disadvantaged circumstances and this may be due to the absence of ACCORD centers in some disadvantaged areas” pg 116.

It has been our experience that men in particular are not being accessed by many organisations that provide family support, including those who do provide services in disadvantaged areas.

MDN’s men’s development work touches on all areas of men’s lives; family, relationships, social circumstances, health (mental and physical), work, socialisation, conditioning and feelings. The work is slow and involves a process of working with men over time, creating safety, allowing awareness to develop and as a consequence, appropriate changes to take place in men’s lives. This is the core element of our developmental approach to effecting change in men, which in turn leads to better lives for all.

Disadvantaged men’s issues can be complex, with layers of problems heaped upon one another (long-term unemployment, poor health, poverty). It is through our Men’s Development Project Outreach work which includes, Summer Schools, Regional days, Issue Based days (including Men’s health, suicide, education, Parenting), Training days, our Men’s Development Groups, presentations and profiling that men present for support. As the only men’s organisation working within the Community Development Programme, within areas designated ‘marginalised’ by the state, we have access to large numbers of men who experience marginalisation and have developed specialist counselling interventions for working with these men.