



**L-Università
ta' Malta**

**Faculty for
Social Wellbeing**

University of Malta
Msida MSD 2080, Malta

Tel: +356 2340 2672
socialwellbeing@um.edu.mt

www.um.edu.mt/socialwellbeing

LIST OF SUPPORT SERVICES – ENGLISH

Note to interviewers: To be read out after consent is given and before proceeding with questionnaire. To be read out at any point again during the questionnaire if the participant requests.

Title of Research Study:

Dar Kenn Għal Saħħtek: A Ten-Year Review of Outcomes of Services Offered

Dear Participant,

We would like to thank you once again for your participation in this study. We appreciate your involvement and cooperation throughout this entire process.




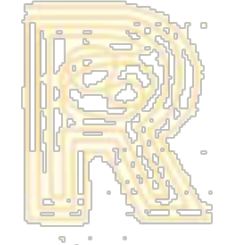
We would like to remind you of the purpose of this study which is being carried out by the Faculty for Social Wellbeing at the University of Malta. The primary aim of this study is to examine the services offered by Dar Kenn Għal Saħħtek over the last ten years.


This study was not anticipated to cause distress and the research questions were formulated in a sensitive manner. However, in the unlikely event that your participation has led you to experience any distress or discomfort, then I will read out information about services that offer free professional support that you might find helpful. Please feel free to ask me to read out these support services again at any time.

Dar Kenn Għal Saħħtek has a fulltime psychotherapist on site who, in case of distress is available during the carrying out of this questionnaire. You may wish to contact Mr Raymond Cassar, a psychotherapist at Dar Kenn Għal Saħħtek on 21 453 690.

If you require any additional information or wish to report any concerns about this study, please do not hesitate to contact the research team, Graziella Vella, Research Support Officer on graziella.vella@um.edu.mt, or Dr Kristina Bettenzana Vella, Principal Investigator, on kristina.vella@um.edu.mt or 2340 2312.

Support Services

<p>Dar Kenn Għal Saħntek Contact: 21 453 690 Dar Kenn Għal Saħntek has a fulltime psychotherapist on site who, in case of distress is available during the carrying out of this questionnaire. You may wish to contact Mr Raymond Cassar, a psychotherapist at Dar Kenn Għal Saħntek on 21 453 690.</p>	
<p>National Mental Health Helpline Contact: 1579 Anyone experiencing a crisis can call 1579 and speak to one of eight psychologists operating from an office near Mount Carmel Hospital in Attard 24 hours a day, seven days a week</p>	 <p>Talk it out. Get Support.</p> 
<p>SupportLine 179 Contact: 179 This is Malta's national helpline acting to provide support, information about local social welfare and other agencies, as well as a referral service to individuals who require support. It is also a national service to individuals facing difficult times or a crisis. Their primary mission is to provide immediate and unbiased help to whoever requires it.</p>	<p>fsws.gov.mt</p>
<p>Richmond Foundation info@richmond.org.mt +356 21224580/21482336/ 21480045 Supports both individuals who are experiencing mental health problems as well as those around them. Apart from supporting individuals by offering therapeutic help, Richmond Foundation also guides individuals by teaching the necessary skills to live</p>	

<p>and work independently. Their services include support groups, assisted living solutions, educational programmes, as well as counselling services.</p>	
<p>Kellimni.com http://kellimni.com/ 21244123/21335097 kellimni.com is an online support service in which trained staff and volunteers are available for support 24/7 via email, chat and smart messaging. This service is managed by SOS Malta.</p>	

LISTA TA' SERVIZZI TA' APPOĠĠ – MALTI

Nota għall-intervistaturi: Għandha tinqara wara li jingħatha l-kunsens u qabel ma tipproċedi bil-kwestjonarju. Għandu jinqara fi kwalunkwe punt mill-ġdid matul il-kwestjonarju jekk il-parteciċipant jitlob.

Titulu tal-iStudju tar-Riċerka:

Dar Kenn Għal Saħħtek: Revizjoni ta' Għaxar Snin tar-Riżultati tas-Servizzi Offruti

Nixtiequ nieħdu din l-opportunità biex għal darb'oħra niringrazzjawkom tal-parteciċipazzjoni f'dan l-istudju. Napprezzaw l-involvement u l-kooperazzjoni matul dan il-proċess kollu.




Nixtiequ nfakkrukom li li-skop ta' dan l-istudju li qed isir mill-Fakultà għat-Tiżni tas-Socjetà fl-Università ta' Malta. L-għan ewlieni ta' dan li-studju huwa li jiġu eżaminati s-servizzi offruti minn Dar Kenn Għal Saħħtek matul dawn l-aħħar għaxar snin.



Dan l-istudju ma kienx antiċipat li jikkawża distress jew problemi u l-mistoqsijiet tar-riċerka ġew ifformattjati bl-aktar mod sensittiv possibbli; madankollu, fil-każ li l-parteciċipazzjoni twasslkom biex tesperjenzaw xi dwejjaq jew skumdità għal kwalunkwe raġuni, allura ser naqra xi informazzjoni dwar servizzi li joffru appoġġ professjonali b'xejn li tista' ssib ta' għajnunna. Hossok liberu li titlobni biex nerga' naqra dawn is-servizzi ta' appoġġ fi kwalunkwe ħin waqt it-twettiq tal-kwestjonarju.

Dar Kenn Għal Saħħtek għandhom psikoterapista full-time fuq il-post li, li f'każ ta' distress jkun disponibbli waqt it-twettiq ta' dan il-kwestjonarju. Tista' tikkuntattja lis-Sunjur Raymond Cassar, psikoterapista ta' Dar Kenn Għal Saħħtek fuq 21 453 690.

Jekk teħtieg xi informazzjoni addizzjonali jew tixtieq tirrapporta xi tħassib dwar dan l-istudju, jekk jogħġbok ikkuntatja lit-tim tar-riċerka, Graziella Vella, Uffiċjal ta' Appoġġ għar-Riċerka, fuq graziella.vella@um.edu.mt, jew lill-Dr Kristina Bettenzana Vella, Investigatur Prinċipali, fuq kristina.vella@um.edu.mt jew 2340 2312.

Servizzi ta' Appoġġ

<p>Dar Kenn Għal Saħħtek Kuntatt: 21 453 690 Dar Kenn Għal Saħħtek għandhom psikoterapista full-time fuq il-post li, li f'każ ta' distress jkun disponibbli waqt it-twettiq ta' dan il-kwestjonarju. Tista' tikkuntattja lis-Sunjur Raymond Cassar, psikoterapista ta' Dar Kenn Għal Saħħtek fuq 21 453 690.</p>	
<p>Helpline Nazzjonali tas-Saħħa Mentali Kuntatt: 1579 Kull min jesperjenza kriżi jista' jċempel 1579 u jkellim lil wieħed minn tmien psikologi li joperaw minn uffiċċju qrib l-Isptar Monte Karmeli f'F'Attard 24 siegħa kuljum, sebat ijiem fil-ġimgħa.</p>	 <p>Talk it out. Get Support.</p>
<p>SupportLine 179 Kuntatt: 179 Din hija l-linja ta' għajjnuna nazzjonali ta' Malta li taġixxi biex tipprovdi appoġġ, informazzjoni dwar il-benesseri soċjali lokali u aġenziji oħra, kif ukoll</p>	

<p>servizz ta' riferiment għal individwi li jeħtiegu appoġġ. Huwa wkoll servizz nazzjonali għal individwi li qed jiffaċċjaw żminijiet diffiċli jew krizi. Il-missjoni primarja tagħhom hija li jipprovdu għajjnuna immedjata u imparzjali lil kull min ikun jeħtiegha.</p>	
<p>Fondazzjoni Richmond info@richmond.org.mt +356 21 224580/ 21 482336/ 21 480045 Jappoġġa kemm individwi li qed jesperjenzaw problemi ta' saħħa mentali kif ukoll dawk ta' madwarhom. Minbarra li tappoġġja individwi billi toffri għajjnuna terapewtika, Richmond Foundation tiggwida wkoll individwi billi tgħallim il-ħiliet meħtieġa biex jgħixu u jaħdmu b'mod indipendenti. Is-servizzi tagħhom jinkludu gruppi ta' 'appoġġ, soluzzjonijiet ta' għajxien assistit, programmi edukattivi, kif ukoll servizzi ta' 'pariri.</p>	
<p>Kellimni.com http://kellimni.com/ 21244123/21335097 kellimni.com huwa servizz ta' 'appoġġ online li fih persunal imħarreg u voluntiera huma disponibbli għall-appoġġ 24/7 permezz ta' email, chat u messaġġi intelligenti. Dan is-servizz huwa amministrat minn SOS Malta.</p>	