seaward Clinic

Your first appointment

What to have ready and how to find us — in person in Dún Laoghaire, or by secure video anywhere in Ireland.

What to have ready

- [ ] **A referral letter from your GP**, normally sent to us by your GP, at your request, through Healthmail; if you have it yourself, bring it when you meet or send it through the encrypted upload link. Without one, the GP Authorisation Form takes its place.
- [ ] **The Pre-Assessment Form and the Consent Form**, with the GP Authorisation Form if you have no referral letter. We email them to you once the day and time are agreed: complete and sign them at home, then return them through the encrypted upload link or hand them in when you meet. They are also at seawardclinic.com/preassessment, /consent and /gp-authorisation.
- [ ] **Your insurance**: check what is covered — the Health insurance page on our website explains how claiming works. Receipts are issued for your claim and for the 20% tax relief.
- [ ] **Your medication list** and any previous reports; for ADHD, school reports if available.
- [ ] **Someone with you**, if you wish. Lighting, seating and breaks can be adjusted if you let us know in advance.
- [ ] **Video appointments**: the link arrives by email the day before; you need a quiet, private space and a phone, tablet or computer. Consultations are never recorded; with your agreement, they are transcribed by Heidi, a medical AI scribe, to help Dr Szigeti draft his notes.

How to reach us

Appointments	**secretary@seawardclinic.com** Our secretary: to book, move or cancel an appointment.
Clinic phone & WhatsApp	**+353 83 017 1419** If we cannot take your call, leave your name and number: we call you back.
Email	**info@seawardclinic.com** Patients and general enquiries.
Website	**www.seawardclinic.com** Services, fees, how it works and the booking form.

Getting there

Dún Laoghaire Therapy Centre

98 Patrick Street, Dún Laoghaire, Co. Dublin, A96 R282

The rooms are on two floors — tell us when you book if stairs are a difficulty.

By DART	Dún Laoghaire station is a short walk away. Head up Marine Road, away from the sea; at St Michael's Church cross George's Street, and the street ahead is Patrick Street.
By bus	Routes from the city centre (7, 7A, E2) and local routes (45A, 45B, 59, 111, L25, L27, S8) stop on George's Street and at the DART station, both a short walk away. From Dublin Airport, the Aircoach 702 stops in Dún Laoghaire.
By car	Set your satnav to A96 R282. Parking in the town is paid: the nearest car parks are Bloomfields (entrance on Bloomfield Lane, off George's Street Lower) and the Dún Laoghaire Shopping Centre on Marine Road; street parking is paid through the Parking Tag app.

Seaward Clinic is not an emergency service. If you need help urgently, contact your GP or the out-of-hours GP service, go to your nearest Emergency Department, or call 112 or 999. The Samaritans are available day and night on 116 123.

Dr Attila Szigeti, Consultant Psychiatrist (MCRN 410794)
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