

MIND YOUR HEAD



SUPPORT FOR STUDENTS WITH MENTAL HEALTH CONCERNS.

If you are experiencing some difficulties in relation to your mental health, taking the first step to getting help is the most important step and may require courage. It is important to remember that you are not alone. One in four people experience some kind of mental health problem in the course of a year.

There are a range of people you can talk to about what you are experiencing. A number of services and organisations also support people with mental health problems and can be located through <http://www.counsellingdirectory.ie/>, or from your own GP. Please see additional services listed.

If you need urgent help you can call the Samaritans 24 hour telephone line, for crisis support, on 1850 60 90 90 or, in an emergency, you can visit your local Accident and Emergency hospital.

Talk to your GP: Your GP may be the first person you talk to about your mental health problems.

The College Counselling Service is available to all full time students free of charge and is totally confidential.

GPs on campus and the Nurses in the Student Health Centre that can refer you.

Low-cost/free counselling services:

The Village Counselling Service

Main Street, Tallaght, Dublin 24

Tel: 01 4664205 / 087 9049497

info@villagecounselling.com

Oasis Counselling Services

Above St Thomas' Church, Kiltalown Way,
Jobstown, Tallaght

Tel 086 2135026

www.oasiscounselling.net