



The DCU Counselling and Personal Development Service - After Hours Support

SilverCloud

Online Mental Health and Wellbeing Programmes

The Counselling and Personal Development Service has a suite of **online self help CBT** (cognitive behavioural therapy) **programmes** available to DCU students.

- Please click on the following link [here](#) for full details.
- Please [click here](#) to Sign up online, using your **DCU student email address**.

The programmes being offered are:

Wellbeing programmes: Skills to deal with everyday issues that affect emotional health.

- Stress
- Sleep
- Resilience
- Positive body image
- COVID-19

Mental Health programmes: To help alleviate the symptoms of mental health experiences.

- Anxiety
- Panic
- Social anxiety
- OCD
- Depression

The Counselling and Personal Development Service



Self-Help Psychological Leaflets

If you would like to access The Counselling and Personal Development Service self-help psychological information leaflets/videos/resources you can access them through our online digital resource hub called Develop.

- Self-Care (Evidence Based Principles For Mental Health)
- Mapping Our Inner Psychological World
- Intimate Relationships
- Working With Unhelpful Thinking
- Tracking Unhelpful Thinking
- Loss And Grief
- Coping After A Critical Incident
- Crisis Management
- Ways to Ease Anxiety Video
- Ways to Ease Low Mood Video
- Adult Children Of Alcoholics
- Live Wise' Bibliotherapy Book Collection
- Mindfulness/Resources/Podcasts
- Modify Your Personal Response To Stress
- Suicide Awareness-Prevention Guidelines

Please go to the Mental Health tile on the [Develop Hub](#).

Your Mental Health

A national HSE 24/7 mental health information and support services information helpline

Telephone: **1800 742 444**

The Counselling and Personal Development Service



National Text Service Number

50508: a free 24/7 anonymous and confidential National text service, which is funded by the HSE.

Website: <https://text50808.ie/>

- Free text HELLO to 50808 for 24/7 for anonymous text conversations

You will be listened to and supported by a trained Crisis Volunteer via text conversation in a safe and confidential environment.

Samaritans

Website: <http://www.samaritans.org/branches/samaritans-dublin-branch>

Telephone: **116 123** (A national 24/7 hour helpline)

For 24 hour confidential email Listening Support

E-mail: jo@samaritans.ie

Emergency Services

Fire Brigade, Gardai and Ambulance


Telephone: 999 or 112

Local Hospitals

Mater Hospital Telephone: 01 8032000

Beaumont Hospital Telephone: 01 8093000

St. Vincents Hospital, Fairview Telephone: 01 8842400



Your nearest Accident and Emergency Department or Health Service

Please visit the HSE website for more information

Website: www.hse.ie/eng/services/maps

Aware

Website: <http://www.aware.ie/>

A national support helpline for issues relating to depression and anxiety.

Telephone: **1800 80 48 48**

This freephone helpline is open seven days a week from 10am to 10pm.

Pieta House

Preventing suicide and self-harm

Website: <http://www.pieta.ie/contact-us>


Telephone: 1800 247 247 freephone to speak to a therapist

Dublin North Centre - 01 8831000

Dublin Rape Crisis Centre

This helpline is open seven days a week, 24 hours a day.

Telephone: **1800 77 88 88**



Out of Hours GP Service

Website:

<http://www.hse.ie/enq/services/list/3/OutofHours/GPOOH.html>

D Doc Local **1850 224477** Out of hours GP

Monday to Friday 6pm - 8am,
Sat/Sun/Bank holidays 24 hours.

External Support Links

For a full list of external supports go to

http://www.dcu.ie/counselling/external_agencies.shtml