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
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

The Counselling and Personal Development Service
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

The Counselling and Personal Development Service
Out of Hours GP Service

Website: http://www.hse.ie/eng/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