

### **RESPONDING TO STUDENTS IN DISTRESS**

### IN CRISIS? FEELING UNSAFE?



YES

I NEED IMMEDIATE HELP



Is there an imminent risk to self or others?

NO



### **NEED TO TALK?**



YES I NEED TO TALK TO SOMEONE



Is your distress...

Personal

**Academic** 





#### **EMERGENCY SERVICES**

Ambulance/Gardai Emergency:

911/112

**Campus Security** 

(01) 708 3929 / Ext. 3333

**Local Gardai** 

Maynooth (01) 629 2380 Leixlip (01) 666 7800

# MAYNOOTH UNIVERSITY STUDENT HEALTH CENTRE:

(01) 708 3878 (office hours) 09.00-12.45 / 14.00-16.45 Monday-Friday

## EXTERNAL SERVICES:

Out of Hours Doctor (01) 629 1169 KDOC Appointments: 1890 599 362 Naas Hospital: (045) 849 500 Blanchardstown: (01) 646 5000

# EXTERNAL SERVICES / HELPLINES

 Pieta House:
 1800 247 247

 Rape Crisis Centre:
 1800 778 888

 Samaritans:
 1850 609 090

 Niteline:
 1800 793 793

 Aware:
 1800 80 48 48

#### STUDENT SERVICES

#### **Counselling Service**

By Appointment / Drop-In (01) 708 3554

#### **Student Health Centre**

By Appointment (01) 708 3878

#### **Chaplaincy Service**

By Drop-In / Appointment (01) 708 3469

#### **Student Support Officer**

(01) 474 7627

#### **Student Support Hub**

(01) 708 4729

#### **Budgeting Advice**

(01) 708 4729

All above services located in Student Services Centre Office Hours: 09.00-13.00 / 14.00-17.00

#### **Residence Office**

Location: Courtyard Plaza (01) 708 3322

#### **MU Student Welfare Officer**

Location: Students Union welfare@msu.ie

#### **ACADEMIC SUPPORT**

#### **Academic Department**

- Course Co-ordinator
- Head of Department

- Tutor

-Departmental Administrator

Check your Department's webpage for contact details

#### **Academic Advisory Office**

Location: Education House (01) 708 3368

#### **Programme Advisory Office**

Location: Rowan House (01) 474 7428

#### **Maths Support Centre**

Location: Social Learning Room, Library (01) 708 3884

#### **Writing Centre**

Location: Education House writingcentre@mu.ie

#### **Access Office**

Location: MAP Lodge (01) 708 6025

#### **Student Support Hub**

Location: Student Services (01) 708 4729