SUPPORTING STUDENTS

Tips and referral info for supporting students returning to University

COMMON STUDENT EXPERIENCES AND WORRIES:

- Wish for clear and prompt information and communication
- Feelings of uncertainty
- Anger / Frustration
- Feeling of agitation
- Anxiety and Stress
- Sleep disturbance
- Appetite disturbance
- Isolation
- Low mood
- Lack of motivation

WHAT TO DO?

- Listen - empathy / active listening skills
- Be curious - open questions
- Listen again - summarise / reflect
- Problem solve - referral options / agree on actions
- De-brief / Consult
- Follow up - when / if appropriate and agreed

SOURCES OF SUPPORT

College Health Centre:
Ph: 8961556/8961591
https://www.tcd.ie/collegehealth/

Students’ Union: www.tcdsu.org
Graduate Students’ Union www.tcdgsu.ie

Senior Tutor:
Email: sttutor@tcd.ie
For more info: https://www.tcd.ie/seniortutor/

Accommodation:
accommodation@tcdsu.org

Education:
education@tcdsu.org

STUDENT COUNSELLING SERVICE:
www.tcd.ie/studentcounselling
student.counselling@tcd.ie
Schedule needs assessments
- Daily Emergency appointments
- Staff consultation and training
- Groups & Workshops

http://student-learning.tcd.ie
student.learning@tcd.ie
1:1 consultations
Workshops
Writing Groups
Online Resources

Self-help packs:
http://cci.health.wa.gov.au

SilverCloud
SPACE FOR HEALTHY MINDS