

How Soon Can An Appointment Be Arranged?

The student counselling service can be very busy during peak times.

However all new clients are offered an initial appointment within 24 – 48 hours.

In an emergency the student will be seen immediately.

Contact Details

Email: counsellor@dkit.ie



Gertie (gertie.raftery@dkit.ie)

Phone: 042 9370247



Francis (francis.mcgivern@dkit.ie)

Phone: 042 9370258



Sarah (sarah.traynor@dkit.ie)

Phone: 042 9370248

Student Services Reception: Ext. 2029

Health & Counselling Reception: Ext. 2161

Pastoral Support : Ext. 2246

[Self-refer online](#)

Students can register for counselling online at:

<http://www.dkit.ie/student-counselling>

Services Offered by the Student Counselling Service

- 1:1 appointments Monday – Friday, 9-5pm
- Appointments available with a male counsellor if preferred
- Self – Development groups
- Consultation for staff.
- Referrals

Mental Health Guidelines

Available at: dkit.ie/counselling under ‘Resources for staff’ (Provides guidance to staff regarding the steps to follow when dealing with a student in distress)

Other useful websites and numbers:



Helping you get through tough times

<https://ie.reachout.com/>

Samaritans Telephone: 116 123

Confidential phone service available 24/7

Support via Email: jo@samaritans.ie

(response time 24hrs)

Bodywhys Help Line: 01 2107906

Support for people affected by eating disorders:

www.bodywhys.ie

www.jigsaw.ie

Advancing the mental health of young people (aged 12-25)

www.yourmentalhealth.ie

Practical Advice, Services, and Supports (HSE)

Mental Health Support for Staff :

Employee Assistance Programme

Tel. 1800 995 955 (Avail. 24/7)

Email: eap@vhics.ie



Staff Information Leaflet



DKIT Counselling Services

The student counselling service is a free service available to all students of the Institute.

Counselling services are provided in all third level colleges as the increased participation in third level education has resulted in a significant increase in mental health problems and personal difficulties in the student population. An accessible counselling service is an important element in student retention as students often drop out of college as a first reaction to difficulties.

The service consists of Gertie Raftery, Francis McGivern, and Sarah Traynor all of whom are registered with professional psychology and/or psychotherapy organisations.

At times you may receive contact from the counselling service in relation to one of your students. This correspondence is provided with the permission of the student, when their difficulties are such that they are having a serious impact on their academic performance or behaviour. Students often have great difficulty revealing that they have problems and this is one way that staff can be better informed

As well as a direct service to students the service also contributes to the development of institutional policies, provides a consultation service for staff and delivers workshops and groups.

How Can You Help?

Third level students often encounter a great deal of stress during the course of their academic experience e.g. financial problems, relationship difficulties, problems adjusting, family breakdown and bereavement.

Whilst most students cope successfully with the challenge these years bring, an increasing number of students find that the various pressures are unmanageable and unbearable. As lecturers and members of staff, you often encounter these students in your classrooms, offices or on the corridor.

Many of these students have not sought any type of assistance. Thus, your role is a crucial one in identifying and referring students who are in distress.

Some Signs and Symptoms of a Student in Distress.

- ❑ Withdrawing from family and friends.
- ❑ Changing behaviour, mood and personality.
- ❑ Demonstrating declining academic performance or erratic attendance.
- ❑ Seeming less energetic and particularly tired.
- ❑ Abusing alcohol or drugs.
- ❑ Finding it difficult to relate to others.
- ❑ Finding it difficult to concentrate.
- ❑ Appearing tearful or trying hard not to cry
- ❑ Seeing no hope in the future and no point in life.
- ❑ Dramatic weight loss or weight gain.

The more signs that are present the greater the level of distress.

What To Do

- ❑ Arrange to meet the student in private.
- ❑ Tell them you are concerned/worried
- ❑ Show concern and interest
- ❑ Avoid criticizing or sounding judgmental.
- ❑ Consider the Counselling Service a resource and discuss referral with the student.
- ❑ If the student resists help and you are worried contact the Counselling Service to discuss your concerns.
- ❑ Boundaries are important, don't get more involved than you want to. If in doubt refer!

How to Make a Referral

1. Suggest the student make an appointment, and provide our contact details (see overleaf).
2. If you wish to provide more direct assistance call the receptionist/counsellor while the student is with you in order to ensure that an appointment is made. Write down the appointment details for the student.
3. If the situation is urgent state that "the student needs an appointment immediately"

Sometimes it may be necessary to walk the student over to the counselling office.

If at any stage you are concerned about a student and are unsure what to do call and discuss your worries in confidence with one of the counsellors.