

How to Make an Appointment

Self-refer online

Register for counselling online at this link:
<http://www.dkit.ie/student-counselling>

OR

Contact the counselling service directly:

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



Helping you get through tough times
<https://ie.reachout.com/>

Some useful numbers and websites:

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)



Information Leaflet



DkIT Counselling Services

What is Counselling and is it for me?

Counselling can be described as a form of 'talking therapy' where you can explore issues that are having some kind of negative impact on your life. Counselling is widely recognised as a very effective way to help resolve issues and improve your quality of life.

Very often people avoid counselling because they believe that their particular problem is either not appropriate for counselling or they feel they are not in a 'bad enough' state to justify making contact.

We are all individuals and experience 'stress' in individual ways. What bothers one person may not bother another. So if you feel that your issue is causing unhappiness for you in some way, counselling may be the right choice for you at this time. We generally find that people do better if they access counselling *sooner* rather than leaving it until crisis point.

Our Counsellors

All counsellors are fully qualified and registered with professional counselling organisations.

Common Problems

No problem is too big or too small to bring to counselling, Some common issues that concern students include:



- **Depression:** perhaps you've been feeling unhappy or discontented for some time;
- **Anxiety:** feeling regularly anxious and experiencing episodes of 'panic' causing you to avoid people or places;
- **Relationship difficulties:** feeling unhappy in your relationships (romantic, friendships, colleagues);
- **Early experiences:** something unresolved from childhood that is still impacting you in some way;
- **Illness:** finding it difficult to cope with a recent diagnosis, a long-term illness or an undiagnosed condition;
- **Bereavement:** you may have experienced a recent bereavement or some time ago and are finding it difficult to cope;
- **Low self-esteem:** you may often engage in 'self-downing' talk, believing your opinion "doesn't count";
- **Addiction:** you may be living with addiction, have someone in your life with an addiction or grew up in an alcoholic household;
- **Identity:** questions such as "who am I?", connected with issues such as sexuality or adoption;
- **Stress:** suffering multiple stresses in your life and feeling overwhelmed as a result.

Counselling Sessions



The key in counselling is the provision of a safe therapeutic space in which you can explore areas of your life that have been

causing you difficulty in a non-judgemental, confidential environment, and at your own pace.

Sessions usually take place once per week and last approximately 50 minutes. The frequency and number of sessions will be tailored to your particular needs.

Confidentiality

The client – counsellor relationship is a confidential one. Absolutely **NO** information will be disclosed to a third party (e.g. friends/relatives/GP) without your explicit permission. However, in exceptional circumstances the counsellor may need to break confidentiality.

These include:

- If the counsellor believes that you are a danger to yourself

Or

- If the counsellor believes another person is at risk of harm

Should such a situation arise this will be done where possible with your consent.

No information regarding the actual content of your sessions will be disclosed to any member of the college staff. However, if you wish your counsellor to liaise on your behalf with college staff, this can be arranged.