

Supporting Students with a Deferral Request

We are sometimes contacted around exam time to offer support to an application for deferral. This typically happens where a student has been struggling throughout the semester and had not until this point disclosed their difficulties to anyone.

Whilst we are able to conduct an assessment at this stage, it is much more beneficial to the student to engage with the service at an earlier stage to allow greater consideration be given to issues of concern and all options for support.

QR Code

Registration with Counselling Service



Support for YOU as Staff

- Employee Assistance Service (EAS)
Freephone IRE: 1800 814 243
WhatsApp/SMS : Text 'Hi' to 087 369 0010
Email: eap@spectrum.life
EAS is available 24/7: Counselling, and help with topics such as Infertility & pregnancy loss, elder care support, parent coaching, international employee support, legal information, financial information and more.
- Check out the Supporting Students as Staff Tile on Moodle

Additional Supports

Togetherall: 24/7 online peer support community that is moderated by trained mental health professionals. Also provides courses and resources in relation to concerns such as stress, anxiety, procrastination.

Need a safe place to talk? 16+

Did you know that you have **FREE** access to a safe and confidential community to get support when you are feeling low?

Community
We offer an anonymous community to share how you're feeling, listen and be heard.

Courses
Find courses specific to your concerns and learn techniques to manage your mental health.

Resources
Tools, self-assessments and articles that help you understand how you're feeling and track your progress.

SCAN TO JOIN FOR FREE TODAY

togetherall

Niteline: Confidential, anonymous helpline, delivered by students from across Ireland (9:30 pm – 2:30 am every night during term).

NiteLine
We are here for you DkIT

Freephone: 1800 793 793

50808: Text DKIT to 50808 for support 24/7

text about it

50808



Counselling Service
Seirbhís Comhairleoireachta

Dundalk Institute of Technology Student Counselling Service Information for Staff:



Supports for Students
How you can help
Referrals- Deferrals

Tel: 042 9370 247

E-Mail: Counsellor@dkit.ie



Located in
Faulkner
Building

The student counselling service is a free service available to all students attending DkIT. Students often encounter a great deal of stress during the course of their academic experience (e.g. financial problems, relationship difficulties, health issues and bereavement) that can impact on their wellbeing and their engagement with their course. Our role is to offer therapeutic support, helping students to manage their difficulties so that they can progress as hoped.

Who works in the Student Counselling Service?

Our counsellors come from a range of professional backgrounds including Counselling Psychology, Clinical Psychology and Psychotherapy. All adhere to professional practice guidelines and work in accordance with the code of ethics as outlined by The Psychological Society of Ireland and the Irish Association of Counselling and Psychotherapy.

Some Signs and Symptoms of a Student in Distress.

As a member of staff you may notice changes in a student that give cause for concern.

Academic Indicators of Student Distress

- Significant changes in academic performance
- Sporadic attendance
- Frequently missing deadlines
- Poor concentration
- Loss of motivation, procrastination
- Over - working, perfectionism, excessive anxiety about work
- Disturbing or disruptive behaviour

How Can You Help?

You are not expected to take on the role of a counsellor. You do however play a key role identifying and signposting students who may be in distress.

Before you begin any conversation, ensure that you have privacy. Share your concerns with the student and listen to what they have to say in a supportive, non - judgemental manner.

If you feel it would be helpful, you can introduce the Counselling Service as a potential support for the student.

If the student does not wish to attend and you are still worried about them, you can contact the Counselling Service for advice and support.

Helping your Student access the Service

The Counselling service is a self-referral service and engagement is on a voluntary basis. If your student appears open to attending, you can provide our contact details or suggest that they register using the self - referral link.

We also offer a daily drop - in service between 11 am and 1 pm. This can be a helpful first point of contact, particularly for students who are in distress and in need of immediate support or those who are uncertain about engaging with the service.

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.

Communication between Counselling Service and Staff

As a confidential service, we are unable to share information with regards to students without their expressed consent. This includes whether they have attended the service or not as well as any information shared within sessions. There are exceptions to this, such as where there may be risk to a person's safety.

As a service, we are also available to support you should you have any concerns about one of your students.