

Where are we located?

The service is discretely located in close proximity to the Health Unit on the first floor of the Faulkner Building. At Student Services, take the stairs to the first floor and go through the glass doors on the right-hand side. The entrance to the counselling rooms is located at the first door to the right along the balcony. We also have an office in the Student Services Centre on the ground floor.

Should you have difficulties locating us prior to your first counselling session, feel free to drop in to reception at the Student Services Centre, where they will be glad to help.

Self - Referral Link for Student Counselling Service



Counselling Service
Seirbhís Comhairleoireachta

Student Counselling Service

Information for Students

042 9370 247

Counsellor@dkit.ie



Students feedback about the Counselling Service

“It was my first ever time going to counselling I never thought I would do it but it did help me a lot when I decided to go”

“Found the counselling service very beneficial in many aspects of my life, would recommend highly to anyone, the counsellor I attended made me feel comfortable to open up and I felt heard and understood.”

“I learned how to manage stress and anxiety better, going for a walk when things felt too much helped me the best, journaling your thoughts is also great, really recommend to try”

Additional Supports



NiteLine
We are here for you **DkIT**

Freephone: 1800 793 793
Instant messaging: niteline.ie
Open 7 nights a week, 9:00pm - 2:30am



Need a safe place to talk?

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.

togetherall

16+ SCAN TO JOIN FOR FREE TODAY

We may share information we hold about you in circumstances of risk, where we may refer you to emergency services or to any health care professional or your contributing institution to protect your welfare or the welfare of others.



DKIT Student Services
Support, Empower, Include

Welcome

Welcome to the DkIT student counselling service and well done on taking the first step towards healing and making changes in your life.

The counselling service offers a free, safe, confidential and non-judgmental space to all students, where you can explore areas of your life that have been causing you difficulty.

In order to ensure we are supporting as many students as possible, we typically offer a maximum of six sessions. You can avail of the service again at a later stage, should you feel this would be helpful.

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.

What kind of issues can the Student Counselling Service help me with?

Some common issues that we support students with include relationship difficulties, stress/anxiety, low mood, low self-esteem, illness or bereavement, family difficulties, adjustment to college life and difficulties coping with their course.

What happens when I make contact with the Counselling Service?

Once you make contact with the service, you will receive an e-mail with a link, asking you to complete a number of short forms. These forms are important as they help us to get an understanding of what is concerning you and consider what form of support you may benefit from. All information that is gathered is encrypted to ensure data security. Once these forms are returned you will be contacted to arrange an assessment appointment.

What happens in a counselling session?

Sessions last up to 50 minutes and typically occur on a weekly or fortnightly basis as agreed with your counsellor.

Confidentiality

The client – counsellor relationship is confidential and no information will be disclosed to a third party without your explicit permission. There are exceptional circumstances where your counsellor may need to break confidentiality. This will only occur where it is believed necessary in order to either ensure your safety or to ensure the safety of someone else. Should such a situation arise, your counsellor will discuss this with you, aiming where possible, to do so with your consent.

Drop In Service (Daily 11 am - 1 pm)

If you are feeling in need of urgent support, or are unsure if you wish to sign up to counselling, you can use our drop in to think things through and consider options for support. Details of drop- in sessions are available on Moodle.

Eco Therapy Option

As part of our service, we offer students the option to have their therapy session outside, within the grounds of the campus. Ecotherapy is an approach that rests on the idea that people have a deep connection to their environment and to nature itself. Some students find that they can engage better outside of the therapy room. This may not suit everyone, but we will discuss and explore this with you as part of your assessment session