

## Meet the Team



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## Self - Referral Link for Student Counselling Service



## Additional Supports

**NiteLine**  
We are here for you **DkIT**

Freephone: 1800 793 793  
Instant messaging: [niteline.ie](https://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 commissioning institution to protect your welfare or the welfare of others.

**text about it**

**50808**



**Counselling Service**  
Seirbhís Comhairleoireachta

## Student Counselling Service Information for Students

**042 9370 247**  
**Counsellor@dkit.ie**



**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 safe, confidential and non-judgemental 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.

## QR Code - Counselling Service on Moodle

