

I Need To Speak To Someone

Remember that here in UCD there is always support available to you. **You are never alone.** Connecting with other people may help you to feel better and more hopeful. If you have close family members or friends, don't hesitate to reach out to them by whatsapp, phone, social media, or whatever feels easiest. But if you think that you need additional help and that it would benefit you to speak to someone in a neutral and non-judgemental space, there are many services available to you, both within and outside of UCD. There are also options to speak anonymously to someone if you'd prefer. Take a look at the list below.

- [Togetherall](#): A safe, anonymous, online community for mental health support which is free for all UCD students.
- [UCD Counselling](#): Find details on the services available to you, such as meeting one-to-one with a counsellor.
- [UCD Student Advisers](#): Provide support to find ways to deal with personal, social, financial and emotional issues while you're in UCD, and to provide support when it comes to policies, procedures and services.
- [UCD Mature Student Adviser](#): Emma Somers is available to meet with mature students to provide support and guidance on a range of issues.

- UCD Postgraduate Research Student Adviser: Eamonn McHugh is available to meet with postgraduate research students to provide support and guidance on a range of issues.
- UCD Chaplaincy: UCD's Chaplaincy Team is available to support people from all denominations, religions, faiths and none. Our chaplains offer student support, pastoral care, spiritual direction and the opportunity to be part of a community of understanding, respect and dialogue.
- UCD Student Health: UCD Student Health provides on-campus medical, psychological and psychiatric care for registered students.
- UCD Students' Union: UCDSU offers a range of supports and services, both online and in-person. Academically, the SU can offer advice, peer peer-to-peer support and representation. The UCDSU Welfare Officer can help with worries and stresses that you might be experiencing, and signposting students to get the help they need.
- UCD Dignity and Respect Service: This is a dedicated service to support students, employees and UCD community members involved in issues of bullying, harassment and sexual misconduct. The service provides information and a listening ear.
- UCD Report + Support Tool: Students, employees and visitors to UCD can report anonymously through the UCD Report + Support tool and access information about supports that are available.