

I'm In A Crisis

Being in a crisis can feel really frightening and could potentially be a dangerous time for you. If you feel that you are at risk or don't feel that you can keep yourself safe, please reach out and contact someone for support. Remember that you are never alone. There is always someone available to help you. Look through the options below and click on any of the links to get support and advice.

- **Emergency Services:** Phone 999 or 112 for any emergency service in Ireland: the Gardai (police), ambulance or fire brigade.
- **Your GP:** You may know your own GP very well and they may be a person you trust. They might also offer an out-of-hours service if you need it.
- **Togetherall:** A safe, anonymous, online community for mental health support which is free for all UCD students.
- **UCD Estate Services Emergency Line:** UCD Estate Services are on campus and available 24/7. In an emergency, phone 017167999 (or 7999 from an internal landline in UCD).

- UCD Walk Safe Service: This is a walking escort service from one campus location to another offered by UCD Estate Services. To avail of the service, you should phone 017167999.
- Find a hospital near you: If you need emergency medical support, click the link to find the nearest hospital to you. If you live on campus, the nearest hospital is St Vincent's University Hospital, eircode: D04T6F4.
- The Samaritans: Freephone 116123 any time day or night.
- Pieta House: Freephone 1800247247 any time day or night or text HELP to 51444.
- Text About It: Text HELLO to 50808. Free, anonymous, 25/7.
- Still Here: If you are experiencing domestic violence, this website will give you helpful information on how to make a safety plan and how to protect yourself online. You will find information about national support services and services locally to you in your county.
- UCD Student Health: UCD Student Health provides on-campus medical, psychological and psychiatric care for registered students. Phone: 017163133.