- <u>HSE's guide to good sleep hygiene</u>: Helpful information on getting a good night's sleep and the benefits of this.

- <u>Information on your five-a-day for wellbeing</u>: Jigsaw tells us that there are five things we can do every day to maintain wellbeing: connect with others; be active; take notice; keep learning; and give.

- <u>Togetherall</u>: A safe, anonymous, online community for mental health support which is free for all UCD students.

- <u>UCD Estate Services Emergency Line</u>: UCD Estate Services are on campus and available 24/7. In an emergency, phone 017167999 (or 7999 from an internal landline in UCD).

- <u>UCD Walk Safe Service</u>: 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.

- <u>The Samaritans</u>: Freephone 116123 any time day or night.

- <u>Pieta House</u>: Freephone 1800247247 any time day or night or text HELP to 51444.

- <u>Text About It</u>: Text HELLO to 50808. Free, anonymous, 25/7.

- <u>Still Here</u>: 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.

- <u>UCD Student Health</u>: UCD Student Health provides on-campus medical, psychological and psychiatric care for registered students. Phone: 017163133.

- <u>UCD Counselling</u>: Find details on the services available to you, such as meeting one-to-one with a counsellor.

- <u>UCD Student Advisers</u>: 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.

- <u>UCD Chaplaincy</u>: 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.

- <u>UCD Dignity and Respect Service</u>: 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.

- <u>UCD Report + Support Tool</u>: Students, employees and visitors to UCD can report anonymously through the UCD Report + Support tool and access information about supports that are available.

- <u>UCD Writing Centre</u>: Provides free, one-to-one tuition and a range of workshops on all aspects of the writing process.

- <u>UCD Maths Support Centre</u>: Assists students with level 0, 1 or 2 modules. Find out about the services available, opening times, and how you can book in.

- <u>UCD Financial Supports</u>: Click on this link to find out more about the financial supports available to students.

- <u>UCD IT Services</u>: Provides IT Support for students via the IT Support Hub, Helpdesk and an on-campus, drop-in IT Centre.

- <u>UCD Current Students Information and Resources Webpage</u>: Contains information on registration, exams, the Student Desk, fees, and key dates, among other things.

- <u>UCD Global</u>: UCD Global offers support to all of our international students. The team is on hand to support students before they arrive in UCD and to help you settle into life in UCD, Dublin and Ireland.

- <u>UCD Student Desk</u>: Provides information and guidance on registration, fees, exams, official documents, and much more.

- <u>Contact details for Faculty</u>: Contact details for all UCD staff members, including your module coordinators and lecturers.

- <u>Contact details for School/College Offices</u>: Contact details for your School/College Administrator or Programme Director/Programme Manager.

- <u>UCD Library</u>: Learn about all services on offer in UCD's five wonderful libraries.

- <u>Academic Skills Workshops</u>: Studying in University involves developing certain academic and wellbeing skills. This link brings you to some resources which are available to all students in UCD.

- <u>UCD Access and Lifelong Learning</u>: Find out about the supports or reasonable accommodations available to those who need it due to the impact of a disability, ongoing physical or mental health condition, or a specific learning difficulty.