

## ABOUT SEEKING HELP

Counselling can help you address and manage many difficult issues and concerns. It is not necessary however to know exactly what the difficulty is in order to attend the Counselling Service. A general feeling that all is not well is enough to initially seek help. Remember, even if you are not ready to make changes it can still help to talk with someone about them.

## DROP-IN SERVICE

A Drop-In service is provided daily from 2-3pm. This operates on a first come, first served basis. If you are unsure about making a full appointment with the Service, you are welcome to attend Drop-In as an initial engagement. Attendance at Drop-In may help you decide if counselling is right for you.

## CONFIRMING APPOINTMENTS

If you decide to attend the Counselling Service, we ask that all appointments are honoured. If you are unable to attend please inform the Service so that your appointment time can be offered to another student.

## TO CONFIRM YOUR APPOINTMENT

**Call:** 01 708 3554 or

**Confirm Appointment:** using link on our web-page.

## ABOUT THE SERVICE

- Professional Counselling Service;
- Strictly confidential;
- Provided free of charge;
- Self-referral encouraged;
- Individual & group counselling offered;
- Counselling – short term in nature;
- Appointment-based Service;
- Drop-In Service daily 2-3pm;
- Consultative Service for staff;
- Online Self-help Resources;
- Relevant Literature & Leaflets;
- Service Workshops & Talks;
- Emergencies prioritised.

**Open:** Monday-Friday 9.00am-5.00pm  
Closed for Lunch 1.00-2.00pm

**Location:** Top Floor, Student Services Centre, North Campus, Maynooth University

### TO MAKE AN APPOINTMENT:

**Telephone:** (01) 708 3554

**Call to Reception:** During office hours

**Request a Call Back:** Link on our web-page:

<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling>



# Counselling Service

Student Services Centre

North Campus  
Maynooth University



[www.maynoothuniversity.ie/counselling](https://www.maynoothuniversity.ie/counselling)

## THE COUNSELLING SERVICE

The Maynooth University Counselling Service offers a professional, confidential service to all registered students.

Counselling offers an opportunity to individuals to discuss in private any concerns they feel may be impacting on academic performance or personal health and well-being. Located in the Student Services Centre the Service offers privacy and discretion to those who wish to avail of its services

## CONFIDENTIALITY

Confidentiality is assured to all who avail of the Counselling Service. Any information given to the Service written or verbal will be held in strict confidence. Confirmation of attendance will not be disclosed to a third party without your consent.

Limits to confidentiality may prevail in the event of serious risk to oneself or another individual. This may surround issues pertaining to sexual abuse, rape, self-harm, suicidal intent, child protection or criminal activity.

In such cases a full explanation will be given regarding the necessary procedures that may need to be taken.



## HOW COUNSELLING CAN HELP

- ✓ Offers you a confidential space to discuss your concerns without fear of being judged
- ✓ Provides an independent space separate from family and friends
- ✓ Helps you to reflect & see things from a different perspective
- ✓ Helps you to consider your options & make better choices
- ✓ No problem too big or small to come and talk about
- ✓ Counsellors have an understanding of the demands and difficulties within the college setting & can guide you appropriately
- ✓ Deciding to speak with a counsellor can be a positive step towards making life better for you
- ✓ Self-referral to the Service is welcomed and encouraged.

**CHECK US OUT ONLINE:**

[www.maynoothuniversity.ie/  
counselling](http://www.maynoothuniversity.ie/counselling)

## ISSUES COUNSELLING CAN HELP WITH

Students come to counselling with a variety of different issues. Some of these concerns include:

### Academic Concerns

- Transition to college
- Time management
- Lack of motivation
- Coping with academic demands
- Exam anxiety / failure

### Personal Difficulties

- Self-esteem
- Confidence
- Bereavement
- Relationships
- Loneliness
- Sexuality
- Family concerns

### Health Problems

- Anxiety
- Depression
- Panic Attacks
- Suicidal Ideation/Intent
- Self-Harm
- Drug & Alcohol difficulties
- Stress
- Eating disorders