



## Griffith Counsellor/Support Numbers

The Griffith Halls of Residence community have access to both on-site and off-site counselling services. Counselling is provided in the strictest of confidence.

On-site counselling can be booked [via this portal](#). The service is free of charge for the first four sessions.

The off-site counselling team can be reached at (087) 436 0032 or by emailing [counselling@griffith.ie](mailto:counselling@griffith.ie). This number and text messages are accessed only by the external counselling service and are completely private and confidential. This service too is free of charge for the first few sessions.

The Samaritans offer 24/7 helpline support: Freephone 116 123.

Our security team, who are on campus 24 hours a day, 365 days a year can also be reached at 086818 2370. The Security team members are trained to assist and support you.

[Learn more about Health and Wellness here.](#)

If you would like to meet more people around campus perhaps get in touch with the [Activities Team](#) to learn about sports, trips and activities available.

If you're interested in finding work, talk to our [careers office](#).

External Resident Support Numbers –

Ambulance/Fire/Gardai – 112/999

Aware (Depression) – 1800 80 48 48

HSE Drugs and Alcohol Helpline - 1800 459 459

Irish Family Planning Association – 0818 49 50 51

Rape Crisis Centre – 1800 778 888

Samaritans – 116 123

Gardai (Kevin's St Station) – 01 666 9400

St James' Hospital (A&E)– 01 416 2774