

Student Counselling

Are you feeling **stressed, anxious, worried, sad** or just need someone to **talk** to? The free and confidential **Student Counselling Service** is here to help you!



URGENT APPOINTMENTS

When you'd like to talk to someone within **one hour**:

Text the word "**urgent**" to
0868985666

This service is available:
Monday to Friday: 9am to 7pm
Saturday and Sunday: 10am to 10pm



In an **emergency**, always call **999 or 112**



LESS URGENT APPOINTMENTS

When you'd like to talk to someone within **four hours**:

Text **0874360032** with a **short description of your issue**

This service is available:

Monday to Friday
9am to 7pm



ON-CAMPUS APPOINTMENTS

You can access **on-campus counselling** in
Room D017 Ground Floor of the D Block.

Scan the QR code to book an on-campus appointment

