

LYIT COUNSELLING SERVICE

FREQUENTLY ASKED QUESTIONS

Who is counselling for?

Counselling is available to all registered students of Letterkenny Institute of Technology.

Is it free?

The service is free to all registered students of Letterkenny Institute of Technology.

Is it confidential?

Yes. As a general rule, the counsellor will not divulge any information about you outside the service, without your permission. The only exception to this would be if your counsellor feels there is a serious risk either to yourself or to someone else.

We maintain case notes on all clients. These are kept by the counsellor and are to help her reflect on your situation and offer the best possible help. Your details are also kept on a student counselling service database for statistical purposes only.

Will the fact that I attended the counselling service appear on my academic record?

No.

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Where is the service located?

The office is located in the An Dánlann building, as you enter go up the stairs and turn right at the top of the stairs. The Student Counselling Service office is on the Student Service's corridor on the left hand side.

How do I make an appointment?

You can make an appointment by calling into the Student Services Reception desk and request an appointment or you can request an appointment by telephoning the Student Services Administrator on 074 918 6855.

You can also email the counsellor at counselling@lyit.ie to request an appointment or telephone 087 955 5266, leaving a short message and a contact telephone number.

How soon will I be seen?

The Counselling Service is a busy service however we aim to respond to all requests to attend counselling within 48 hours. Your counsellor will discuss with you when you can be seen for ongoing counselling. You are advised to book appointments as soon as you can.

There is a high demand for the service, if you are unable to attend a scheduled appointment we would appreciate it if you would let the Counselling Service know, as soon as possible, if you wish to cancel. This will allow us to offer this appointment time to another student.