

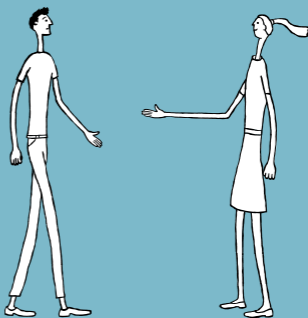


Danger!

**I don't
know what
to do in an
emergency!**



**Are you
at risk of
harming
yourself or
taking your
own life?**



1

During office hours contact your Student Counselling Service to make an emergency appointment: **07491 86855**



2

During office hours contact your own GP or the Health Centre on campus: **07491 86855**



3

Out of hours contact NowDoc on **0818 400 911** or attend A&E in your local hospital



4

Consider phoning **999** or **112** in acute crisis or the 24/7 suicide helpline: **1800 247 247**



Are you a student of ATU Donegal?

Are you experiencing
difficulties and need
to talk to someone?




Do some of these
examples sound
familiar?

Low confidence,
abuse, identity,
anxiety, bullying,
stress, bereavement,
relationship
issues, struggling
academically, impact of
Covid, transition in or
out of college...

Consider making an appointment with Student Counselling Service!

It is a free, confidential
service.
If needed we can
discuss access to further
psychological, health or
academic support.

 counselling.donegal@atu.ie

 074 91 86855

Also watch out for
support on ATU Donegal
website's online
resources,
Campaigns and
workshops throughout
the academic year.

 **ATU**
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