

LYIT COUNSELLING SERVICE

Although attending college may be something that you have looked forward to and are excited about, starting college is often a time of significant change, where many life transitions have had to be made all at once. Counselling can be helpful, as a place where you are able to talk about any difficulties that you are encountering either personally or academically.

You may have difficulty in adjusting to college and are confused as to why this is happening, or maybe you have been experiencing a difficulty for some time and notice that it is not 'going away' and impacting on your personal or academic life.

We can help you to think about what is bothering you, and think about what steps you can take to improve things.

Emergencies

Do not hesitate to contact us when something is urgent. Emergencies will be given priority and will be seen on the day.

IT'S OUT OF HOURS, I THINK I NEED HELP NOW

The Student Counselling Service at Letterkenny Institute of Technology is an appointment based service that is offered to students between 9am and 5pm Monday to Friday.

If you are reading this and are having thoughts of harming yourself and don't feel that you will keep yourself safe until you make an emergency appointment or see your GP.

Please get help from one of the following:

- NOWDOC to access a GP out of office hours 1850 400 911
- Or attend your local Accident and Emergency Department, Accident and Emergency Department, Letterkenny University Hospital, Letterkenny, Co. Donegal. Tel: 074 9123537
- The Samaritans Tel: 116123

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How to contact us and where to find us

The Student Counsellor, Nicole Murray, is
located in the Student Services Unit, An
Dánlann.

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Counsellor
An Dánlann
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