

Trinity Student Counselling Services – Statement of Services

In support of the strategic goals of the University, Trinity Student Counselling Services ([Student Counselling](#), [Student Learning Development](#) and [Student 2 Student](#)) provide a range of clinical, preventative, and training services consistent with the practices and standards of an internationally accredited university counselling centre. These services aim to create a safe and supportive environment based on our multicultural, multi-disciplinary and multi-theoretical values and practices that allow our diverse student body to access care, to receive high quality services, and to take positive pathways to mental health.

We are committed to fostering a supportive learning environment through the delivery of the following services to all Trinity students:



SCS: provides free, professional, confidential [psychotherapeutic support](#) to help students navigate personal challenges, develop coping strategies, and enhance overall mental health. Following an [initial assessment](#) (usually bookable within 2 to 3 weeks), students are provided with a support plan linking them with the most appropriate available supports. These supports include [crisis intervention](#), [online CBT](#) and [brief one-to-one psychotherapy](#), as well as [group therapy](#) options as part of a holistic care model. Where appropriate, students may also be referred to a range of free, low-cost and other support services outside the university.

https://www.tcd.ie/Student_Counselling/

S2S: provides [course-specific mentor groups](https://student2student.tcd.ie/) for every incoming undergraduate first year student. These groups provide an orientation session during fresher's week, weekly communications and social meetups throughout the year. [Mentors](#) are supported by a team of school-specific Head Mentors, who liaise regularly with staff. S2S also provide a team of highly trained [Peer Supporters](#), who can meet with any student on request. Peer Supporters offer in-person 1:1 listening and support, and are non-judgemental, non-directive, and confidential. [S2S volunteers](#) are fully supported by the S2S team through experiential training and development, student partnership initiatives and co-creative practice.

<https://student2student.tcd.ie/>

SLD: provides a range of [services to PG and UG students](https://student-learning.tcd.ie/) to develop skills in areas such as academic writing, critical thinking, self and time management, exams and assessment skills. Evidence based strategies and best practice inform the SLD service provision, which includes [resources](#), [individual appointments](#), [workshops and skills events](#), offered both online and face to face. These services are designed to support Trinity students in their academic journey, promoting confidence and self-regulation in their studies at third level.

<https://student-learning.tcd.ie/>

These services are supported by a dedicated Administration Team, forming a holistic support system that promotes belonging, mental health and academic success.

One-to-one sessions are in high demand during teaching terms, and so wait time for these services vary accordingly. Service delivery is both in-person and online.

If you need urgent help outside of business hours, you will find information on available resources here:

https://www.tcd.ie/Student_Counselling/support-services/after-hours/index.php