Common challenges for students with Mental Health Conditions

- Anxiety about day-to-day aspects of university.
- Attendance difficulties due to low mood, anxiety, or fatigue.
- Sleeping and eating patterns which affect concentration in lectures or in the library.
- Planning ahead, organisation and meeting deadlines can be extremely challenging.
- Engaging in extra-curricular or social activities.

Commonly used teaching & learning techniques

- Handouts in advance.
- Students can contact their Disability Officer in situations where a deadline may be needed.
- Prioritised reading lists.
- Recording lectures.

Commonly used exam accommodations

- Group venue.
- Extra time.
- Rest breaks.

Click here for a Mental Health Condition Awareness video.
1:1 Disability Service Supports

Occupational Therapy
- Help navigating the college facilities on and offline.
- Help the student to develop a balanced routine and weekly plan.
- Help you stay on track of coursework by developing plans and setting goals.
- Offer guidance about Social and Leisure engagement.
- Assist with preparation for placement and other work experiences.

Specialist Academic Support
Meeting with the Academic Support specialist can work well alongside your OT and AT meetings, or by itself. Academic support meetings are great when approaching exams, or to help you stay organised with your academic work throughout the year. Some things you may address in a 1:1 meeting:
- Becoming familiar with Blackboard and online systems.
- Developing a study plan.
- Specific study skills.

Mental Health Case Coordinator
The Mental Health Case Coordinator can offer the following supports:
- Provide a higher level of support to students with more complex mental health difficulties.
- Work with students to develop strategies to cope while in college.
- Connect students with appropriate additional supports in college such as the Health Service and the Student Counselling Service.
Where can I find more information about the Disability Service?

How to access the ASKDS Disability Service Blackboard module

1. Log in to Blackboard Learn
2. Click on ‘Module Search’.
3. Type ‘Disability Service Supports’ in the ‘Module Search’ box and click ‘Go’.
4. If more than one module appears, click on the drop-down arrow beside ‘ASKDS’ under the ‘MODULE ID’ field.
5. Click on ‘Enrol’.
6. Click on ‘Submit’.

Find the Disability Service on social media

Twitter: @TCDAbility
Facebook: Trinity Disability Service
Instagram: @TCDAbility
Youtube: DS Service TCD

Be sure to meet with a Disability Service (DS) staff member to complete your LENS report.

Need more help? Just askds@tcd.ie