SUPPORTING STUDENT WELLBEING DURING UNDERGRADUATE DIETETIC PLACEMENTS

Students need to be well to perform well. As such, student wellbeing is the most important priority when practice placements are ongoing.

Below is a list of formal and informal wellbeing supports you can access during placement.

**Placement Team**
If you feel that changes in your wellbeing are affecting your performance on placement, contact a member of the Placement Team in Trinity, who will identify supports with you.

**Counselling Service**
You can access the counselling service in either Trinity or TU Dublin.

**Disability Service**
If you have a disability that may affect your placement, you must contact the Disability Service in Trinity.

**SilverCloud**
SilverCloud is an online support that Trinity students can access here at any time. Students can select from a range of programmes that run for several weeks to support them with:

- Resilience
- Stress
- Anxiety
- Depression
- Body image

**Self-management programme for students**
Student Learning Development has guidance and resources on self-management strategies that can be accessed by Trinity students here.

**LinkedIn Learning**
All students in Trinity have free access to LinkedIn Learning. You can find short courses to support many aspects of wellbeing in the workplace, to include mindfulness, meditation, and positive stress management.

**Tea on...**
A 'Tea on B' and 'Tea on C' will be arranged at regular intervals on PPB and PPC. This is an online meet-up, where students chat and offer peer support to each other.