

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.

