

# S2S



Student2Student

# SLD

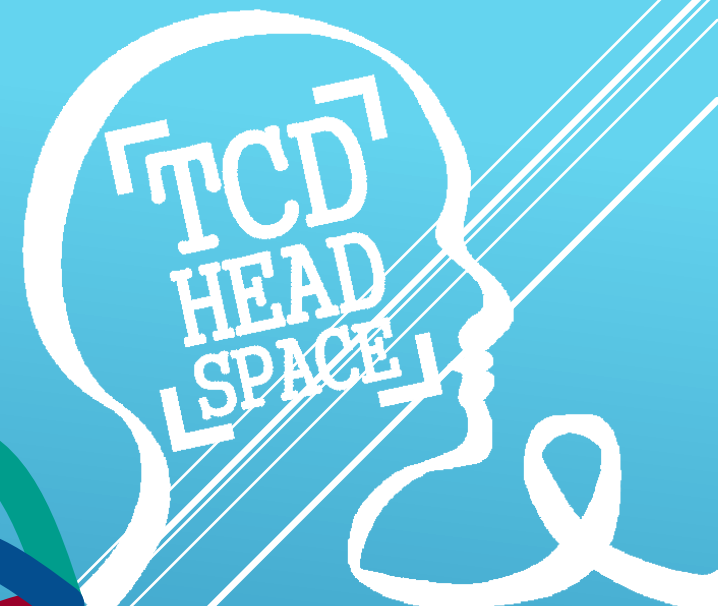


Student Learning Development

# SCS



Student Counselling Services



Student Counselling Service  
(3<sup>rd</sup> Floor) 7-9 South Leinster St.

House 47, Main Campus

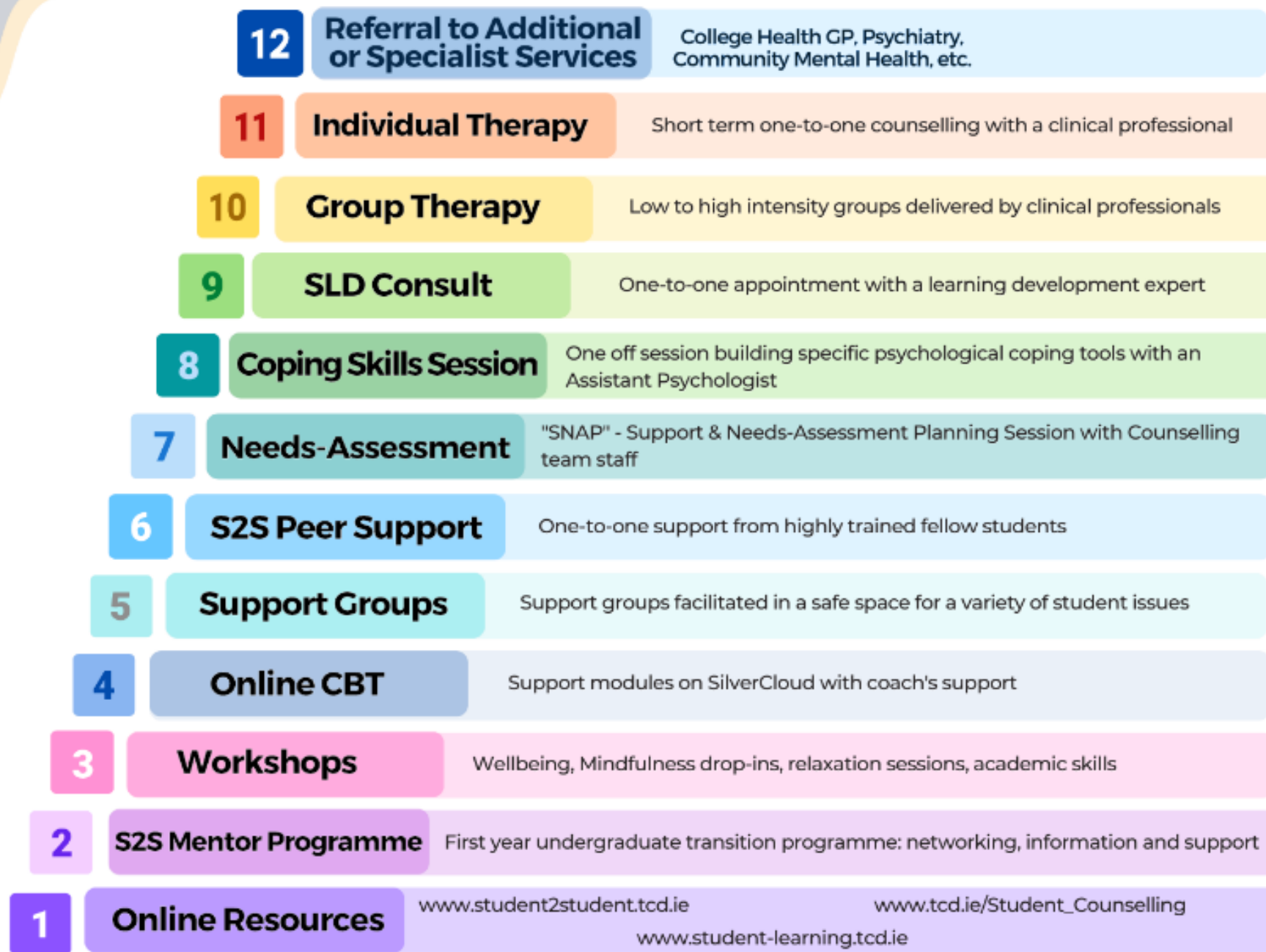
01 896 1407

[Student-counselling@tcd.ie](mailto:Student-counselling@tcd.ie)



Trinity  
College  
Dublin

The University of Dublin



## 12 STEPS OF CARE

**TRINITY COUNSELLING,  
LEARNING DEVELOPMENT  
AND STUDENT 2 STUDENT  
SERVICES**

SCS



Student Counselling Services

Psychological  
Support &  
Therapies

STUDENT

Social &  
Transitional  
Supports

Academic  
Skills  
Supports

S2S



Student2Student

SLD



Student Learning Development



Trinity  
College  
Dublin

The University of Dublin

# HOW IT WORKS

If you feel like you need support?



But you're not sure what kind!



Academic support

Social support

Emotional support

Check out our website for information



[tcd.ie/Student\\_Counselling/](http://tcd.ie/Student_Counselling/)

**CONFIDENTIAL**  
**FREE**

Why not come chat with us?



Email or call in to us to request an appointment



Student Counselling Service, Trinity College Dublin

# What Happens When a Student Contacts SCS?



- Complete Registration Forms
- SNAP Session with member of the Clinical Team – **BOOK ONLINE**
  - By zoom / In person in the SCS
  - Next step support options discussed
- If linked in for 1:1 Counselling support
  - In-person or Zoom
  - SCS & On Campus – Monday – Friday, (Tues/Wed late evenings 8pm)
  - Saturday appointments
- Emergency appointments available every day for urgent support



---

Student Counselling Services

# WHAT SCS OFFERS

INDIVIDUAL  
COUNSELLING



FACILITATED  
GROUPS



SCS

Student Counselling Services



ONLINE  
SUPPORT



WORKSHOPS

# ONLINE RESOURCES



## 6 WEEK SELF-HELP COURSE:

- SPACE FROM DEPRESSION
- SPACE FROM ANXIETY
- SPACE FROM STRESS
- SPACE FOR POSITIVE BODY IMAGE

## FOLLOW TCD HEADSPACE



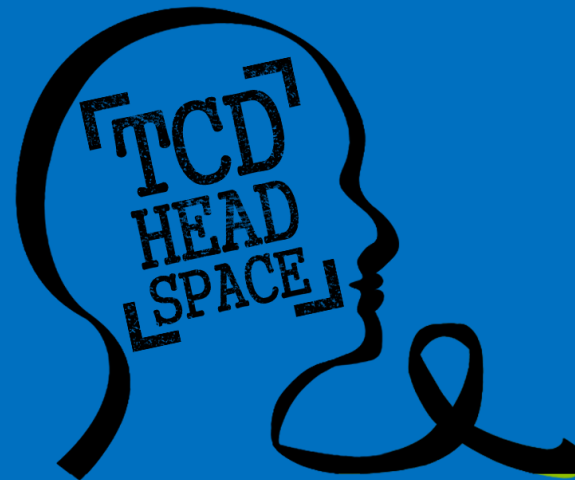
@TrinityHeadspace



@TCD\_Headspace



@TCD\_Headspace



**TCD HEADSPACE**  
Spreading Positive Mental  
Health across TCD Campus



# Groups and Workshops

SOCIAL ANXIETY GROUP

Mind-Body Boost (w Sport)

*Ongoing Therapy  
Group*

**WEEKLY PROCESS  
GROUP**

Eating Concerns & Body  
Wellbeing Support Group

Bereavement Support Group

*Menstrual Health  
Support Group*



ADDICTION RECOVERY AND  
WELLBEING GROUP



Compassion-Focused  
Therapy Group

 **INTERNATIONAL  
CHATS**

For up-to-date info [tcd.ie/Student Counselling/counselling/groups-workshops/](https://tcd.ie/Student_Counselling/counselling/groups-workshops/)



---

Student Learning Development

# Student Learning Development – Academic Skills Services & Support

## SERVICES

### Academic Skills Workshops

- Academic culture, academic writing, exam preparation, study skills, self and time-management.
- **Students will be mailed weekly with events.**

### Academic Writing Centre

- Writing services for all students to help develop academic writing skills.
- **Self-booking online at <https://student-learning.tcd.ie/>**

### Individual Appointments

- Brief or in-depth appointments, and presentation practice.
- **Self-booking online at <https://student-learning.tcd.ie/>**

### Online Resources

- Resources available 24/7 to help you develop your independent learning and academic skills.
- **Enrol at <https://student-learning.tcd.ie/>**

### Sample Topics

- Academic Culture
- Organising your studies
- Motivation
- Essay Writing
- Thesis Writing
- Referencing Correctly
- Public Speaking
- Presentation Skills
- Exams
- Viva & Oral Defence

SLD has lots of experience with International students, helping explain the academic culture & expectations of studying at Trinity. See: <https://student-learning.tcd.ie/international/>

SLD services are designed to develop your skills in areas such as academic writing, self and time management, exam & assessment skills for all Undergraduate and Postgraduate students.

Full details of all services are available here:  
<https://student-learning.tcd.ie/>

# S2S

The Trinity College Dublin logo, featuring a stylized white trefoil on a red background.

---

## Student2Student



**House 47 Entrance**

**House 47 Location**







ORIENTATION



**Not sure where to start in Trinity?**

S2S Mentors are here to help



**Meet your Mentors at undergraduate orientation**



They are fellow students who will give you **tours**



**Introduce you to classmates**

**F A Q ?**

And share the **tips and tricks** they've learned

Invite you to **events and socials**

Then they'll stay in touch by **email**

Answer any **questions** you have



Helping you on your own path to success



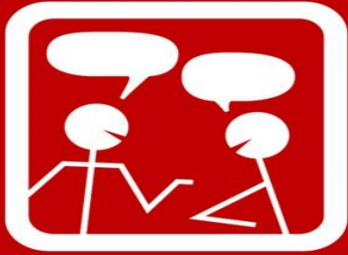
**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

<http://student2student@tcd.ie>  
[student2student@tcd.ie](mailto:student2student@tcd.ie)  
01 896 2438



# Peer Support

how it works



**Fancy a chat** with someone who's not going to judge or tell you what to do?

**Phone, email or go online** to request a meet-up with a Peer Supporter

You can even look at **profiles** and choose who you want to meet

We'll arrange a **meet-up**



We're highly **trained** and confidential!

You can call in to our **drop-in** as well / instead

You can meet once, once a week or anywhere in between

And you can have a coffee or go for a walk with a Peer Supporter



Helping you on your own path to success



**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

[http://student2student@tcd.ie](mailto:student2student@tcd.ie)  
[student2student@tcd.ie](mailto:student2student@tcd.ie)  
01 896 2438







[https://www.tcd.ie/Student\\_Counselling/](https://www.tcd.ie/Student_Counselling/)

Student Counselling Service  
3rd floor  
7-9 South Leinster Street  
Trinity College  
Dublin 2  
Ireland

[+353 1 896 1407](tel:+35318961407)

[student-counselling@tcd.ie](mailto:student-counselling@tcd.ie)