

If you are a student experiencing academic or other difficulties, please do reach out for help, as follows...

We're here for you ...		Phone / Email
Undergraduates	Contact your Personal Tutor or the Senior Tutor's Office	Check <a href="http://my.tcd.ie">my.tcd.ie</a> for your personal tutor details or contact via <a href="mailto:senior.tutor@tcd.ie">senior.tutor@tcd.ie</a> / <a href="mailto:undergrad.support@tcd.ie">undergrad.support@tcd.ie</a>
Postgraduates	Contact your Course Co-Ordinator and/or the Postgraduate Advisory Service.	Postgraduate Advisory Service can be reached via <a href="mailto:postgrad.support@tcd.ie">postgrad.support@tcd.ie</a>
Global	If you want to check in with members of Trinity Global, email to arrange a time to talk.	<a href="mailto:global.response@tcd.ie">global.response@tcd.ie</a>
Erasmus students (those here for one year or single semesters only)	Contact your Erasmus Co-Ordinator.	If you're unsure of who your Erasmus Co-Ordinator is, contact your School's office.
Visiting students (those here for one year or single semesters only)	Contact the International Tutor.	<a href="mailto:international.tutor@tcd.ie">international.tutor@tcd.ie</a>
Emergencies	For Emergencies contact Campus Security.	Use the <a href="#">SafeZone app</a> , or phone (+353) 01896 1999 or (+353) 01896 1317
More Support Services		Phone / Email
Student-to-Student (S2S) Peer Supporters and Mentors	More info: <a href="http://student2student.tcd.ie/">student2student.tcd.ie/</a>	(+353) 085 7833 548 / <a href="mailto:student2student@tcd.ie">student2student@tcd.ie</a>
Student Counselling Service (SCS) 3rd floor, 7-9 South Leinster St	More info: <a href="http://www.tcd.ie/Student_Counselling/">www.tcd.ie/Student_Counselling/</a>  For initial assessments, self-help resources, group supports, one to one supports and emergency appointments.	(+353) 01896 1407 / <a href="mailto:student-counselling@tcd.ie">student-counselling@tcd.ie</a> to book an emergency appointment.  Visit <a href="http://www.tcd.ie/Student_Counselling/">www.tcd.ie/Student_Counselling/</a> for non-emergency appointments.  <b>Out of Hours</b> Crisis Text Line: Text 'TCD' to 50808 (HSE service) Niteline (9pm-2.30am): Tel 1800 793 793 - Run by students for students. Samaritans: Tel 116 123 Emergency Services: Tel 112 or 999
College Health Service Printing House Square	More info: <a href="http://www.tcd.ie/collegehealth/">www.tcd.ie/collegehealth/</a>	<b>Monday - Friday: 9am-1pm, 2pm-4:30pm</b> (+353) 018961591 or (+353) 018961556 <b>Out of Hours</b> HSE Helpline - 1800 700 700 or (+353) 01240 8787 HSE East - 01 6352149; Ambulance - 0818 501999
Disability Services Printing House Square	More info: <a href="http://www.tcd.ie/disability/">www.tcd.ie/disability/</a>	(+353) 01896 3111 / <a href="mailto:askds@tcd.ie">askds@tcd.ie</a>
Student Learning & Development (SLD) 2nd Floor, 7-9 South Leinster St	More info: <a href="http://student-learning.tcd.ie/">student-learning.tcd.ie/</a> For help with study skills, exam preparation, academic writing, and presentation skills.	(+353) 01896 1407 / <a href="mailto:student.learning@tcd.ie">student.learning@tcd.ie</a>
Careers Service 2nd Floor, 7-9 South Leinster St	More info: <a href="http://www.tcd.ie/Careers/">www.tcd.ie/Careers/</a>	(+353) 01896 1721 / <a href="mailto:careers@tcd.ie">careers@tcd.ie</a>
Chaplaincy House 27	More info: <a href="http://www.tcd.ie/Chaplaincy/">www.tcd.ie/Chaplaincy/</a>	<a href="mailto:chaplain@tcd.ie">chaplain@tcd.ie</a>
TCD Dignity & Respect Policy	More info: <a href="http://www.tcd.ie/equality/policy/dignity-and-respect-policy/">www.tcd.ie/equality/policy/dignity-and-respect-policy/</a>	Speak Out confidentially. Report anonymously via website <a href="http://www.tcd.ie/equality/speak-out/">www.tcd.ie/equality/speak-out/</a>
SafeZone App	More info: <a href="#">SafeZone Poster</a> For Trinity safety notifications and more.	Download the app: <a href="http://safezoneapp.com/how-it-works/">safezoneapp.com/how-it-works/</a>
Outside Trinity		
Text for Help (Funded by HSE)	<a href="https://text50808.ie/">https://text50808.ie/</a> Free 24-hour Mental Health Crisis Support.	Text 'TCD' or 'Hello' or 'Help' etc to 50808
Samaritans	<a href="http://www.samaritans.org/ireland/">www.samaritans.org/ireland/</a>	Freephone National Helpline - 116 123 or, email <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a>
An Garda Síochána National Police Service in Ireland.	<a href="http://www.garda.ie">www.garda.ie</a>	Call 999/112 (in an emergency) or your local Garda Station (non-emergency)
An Garda Síochána (sexual crime) Dublin Rape Crisis Centre	<a href="http://www.garda.ie/en/crime/sexual-crime/">www.garda.ie/en/crime/sexual-crime/</a> <a href="http://www.drcc.ie/">www.drcc.ie/</a>	Call 999/112 (in an emergency) or your local Garda Station (non-emergency) Call the 24-hour freephone helpline - 1800 77 8888 or, chat online via <a href="http://www.drcc.ie/services/helpline/webchat/">www.drcc.ie/services/helpline/webchat/</a>
Other Rape Crisis Centres	<a href="http://www.rapecrisishelp.ie/find-a-service/">www.rapecrisishelp.ie/find-a-service/</a>	Your local Rape Crisis Centre/Network
HSE Sexual Assault Services and Resources	<a href="http://www2.hse.ie/services/satu/where-to-get-help/">www2.hse.ie/services/satu/where-to-get-help/</a>	Visit <a href="http://www2.hse.ie/services/satu/contact/">www2.hse.ie/services/satu/contact/</a> to find your local Sexual Assault Treatment Unit
Women's Aid	<a href="http://www.womensaid.ie/">www.womensaid.ie/</a>	Call the 24-hour National Freephone Helpline – 1800 341 900 or, chat online via <a href="http://www.womensaid.ie/get-help/talk-to-us/instant-message-support-service/">www.womensaid.ie/get-help/talk-to-us/instant-message-support-service/</a>
Men's Aid	<a href="http://www.mensaid.ie/">www.mensaid.ie/</a>	Monday – Friday: 9am – 5pm National Confidential Helpline – (+353) 01554 3811 Confidential Support Email - <a href="mailto:hello@mensaid.ie">hello@mensaid.ie</a>
HSE My Options LGBT Ireland	<a href="http://www2.hse.ie/services/unplanned-pregnancy/">www2.hse.ie/services/unplanned-pregnancy/</a> <a href="http://www.lgbt.ie">www.lgbt.ie</a>	Freephone National Helpline - 1800 828 010 The National LGBT Helpline is available: Monday-Thursday, 6:30pm-10pm; Friday, 4pm-10pm; Saturday and Sunday, 4pm-6pm. Call 1800 929 539, email <a href="mailto:info@lgbt.ie">info@lgbt.ie</a> , or visit <a href="http://lgbt.ie/instant-messaging-support-service/">lgbt.ie/instant-messaging-support-service/</a> to live chat.