



SUPPORT SERVICES

WHATS AVAILABLE TO YOU DURING COVID-19

Student Counselling

student-counselling@tcd.ie

Online Support

Students looking for help managing stress or anxiety should sign up to our online support programmes.

[Click here](#) to sign up to our programmes for Depression, Anxiety, Stress, Resilience or Positive Body Image.

Check out [our website](#) for resources and more information.

Webinars

We are holding Webinars on how to care for your mental health on September 7th, 14th, and 21st at 12pm.

[Click here](#) to access the webinar on the day.

Student Learning Development

student.learning@tcd.ie

SLD has a large range of supports to help you develop your learning and academic skills. Different institutions have different academic cultures and expectations, so if you are new to Trinity College Dublin, then it will be useful for you to take a look at our resources and start developing the skills that will help you to do well. All our services are currently online and free of charge to all TCD students. **And please remember, never be afraid to ask for help.**

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