

# Mental Health Supports & Services for Students

## 24/7 Acute Risk/Self-Harm/Suicidal Crisis Emergency support contacts

FREE-Text either 'GALWAY' or 'HELLO' to 50808

FREE-Phone SAMARITANS on 116 123 OR  
PIETA HOUSE on 1800-247247

Attend the Acute Adult Mental Health service via  
the A&E Dept in University Hospital Galway or  
your own local Hospital.

## Eating Disorder Supports

### Student Counselling Service

Separate Eating Disorder & Body Image support groups  
available; email [counselling@universityofgalway.ie](mailto:counselling@universityofgalway.ie)  
or phone 091-492484

### BodyWhys

National eating disorder charity, providing online  
information, advice and support;  
[www.bodywhys.ie/](http://www.bodywhys.ie/) or access either phone or email  
helplines via 01-2107906 or [alex@bodywhys.ie](mailto:alex@bodywhys.ie)

### Zoe Davis – Registered Dietician

Special interest in mental health/eating disorder;  
one-to-one or online support;  
[www.zoedavis.ie/](http://www.zoedavis.ie/) or phone 087-3369123

## University based or related mental health supports

### Student Counselling Service

[counselling@universityofgalway.ie](mailto:counselling@universityofgalway.ie) or phone 091-492484

### Chaplaincy & Pastoral Care

phone 091-492168 or 091-495055 or 091-492164

### Student Advisors

<https://www.universityofgalway.ie/student-advisors/>

### WRAP®

Free Wellness Recovery Action Planning programme  
[www.universityofgalway.ie/health\\_unit/wrap/](http://www.universityofgalway.ie/health_unit/wrap/)

### Togetherall

Free, 24/7 online anonymous mental health support community;  
[www.togetherall.com/en-ie/](http://www.togetherall.com/en-ie/) using your university email account

### Galway Recovery College

Provides education, skills and support to maintain and promote  
positive mental health; [www.recoverycollegewest.ie/](http://www.recoverycollegewest.ie/) or email  
[galwayrecoverycollege@gmail.com](mailto:galwayrecoverycollege@gmail.com) or phone 087-3401667

## Alcohol/Drugs Supports

### HSE Drugs & Alcohol Helpline

phone 1800-459459 or email [helpline@hse.ie](mailto:helpline@hse.ie)

### Western Region Drugs and Alcohol Task Force

phone 091-480044 or email [info@wrdatf.ie](mailto:info@wrdatf.ie)

### AA (support for sufferers)

[www.alcoholicsanonymous.ie/](http://www.alcoholicsanonymous.ie/) or Al-Anon (support for  
partners/family members/friends) [www.al-anonuk.org.uk/](http://www.al-anonuk.org.uk/)

## Useful Mental Health Support Apps

'Student Health Matters' – safe, reliable source for all health-related info for students

'Worry Tree' – self-help app for relief of anxiety and CBT thought diary

'distrACT' – designed to support people experiencing thoughts/acts of self-harm

'Calm' – self-care for managing everyday stress, anxiety or sleep disturbance

'Headspace' – meditation skills to reduce stress and improve sleep

HSE online Eating Disorders App – <https://ncped.selfcareapp.mobi/>

'ADHD in Adults' – produced by HSE's ADHD in Adults National Clinical Programme, in partnership with  
ADHD Ireland



OLLSCOIL NA  
GAILLIMHE  
UNIVERSITY  
OF GALWAY

# External counselling/psychotherapy or other mental health supports

## Galway Community Café

Peer-led, Free out-of-hours mental health support, either in-person or phone/video call, via Mr Waffle Café from 6.30-11.30pm, on Thurs-Sun evenings.  
[www.galwaycommunitycafe.ie/](http://www.galwaycommunitycafe.ie/) or phone 087-1085134

## Silvercloud

Free, HSE supported online CBT programmes for Anxiety or Depression; requires referral via Student Health Unit GP or your own GP

## Turn2me

Safe, confidential online mental health support with both one-to-one counselling & support groups  
[www.turn2me.ie](http://www.turn2me.ie)

## Galway Rape Crisis Centre

Free professional & confidential counselling in a caring & safe environment;  
phone 1800-355355 (Mon-Fri, 10am-1pm) / 091-564800 (Mon-Fri 9.30am-5pm)  
or email [helpline@grcc.ie](mailto:helpline@grcc.ie)

## Pieta Galway

Psychotherapy/counselling for students with self-harm/suicidal thoughts;  
[www.pieta.ie/contact/pieta-galway/](http://www.pieta.ie/contact/pieta-galway/) or phone 0818-111126 or 091-502921

## Jigsaw

Free mental health support/counselling for students aged up to 25yrs old;  
[www.jigsaw.ie/location/galway/](http://www.jigsaw.ie/location/galway/) or email [galway@jigsaw.ie](mailto:galway@jigsaw.ie) or phone 091-549252

## No. 4 Youth Service

Counselling for students aged up to 25yrs old; donation of €5 per session;  
[www.no4.ie/counselling.html](http://www.no4.ie/counselling.html) or phone 091-568483

## Let's Get Talking Galway

Not-for-profit, one-to-one counselling service on a 'non-set'/sliding scale fee basis; phone 091-765500 or email [galway@letsgettalking.ie](mailto:galway@letsgettalking.ie)

## Helplink

In-person or online counselling service; student discount of €30/session;  
[www.helplink.ie/counselling/galway-counselling-services/](http://www.helplink.ie/counselling/galway-counselling-services/) or phone 0818-998880  
or email [helplinksupport@helplink.ie](mailto:helplinksupport@helplink.ie)

## Mind and Body Works

low-cost counselling/psychotherapy & CBT; 091-125750 or email: [galway@mindandbodyworks.com](mailto:galway@mindandbodyworks.com)

## ProConsult

[www.proconsult.ie/](http://www.proconsult.ie/) or phone 091-589581 or email [office@proconsult.ie](mailto:office@proconsult.ie)

## Eden Programme

Free education and support programme for anyone experiencing suicidal thoughts; visit  
<https://suicideorsurvive.ie/programmes/eden-programme/>

