

Week 5:

MENTAL HEALTH *matters*



Week 5:



MEET THE *counselling team:*



Treasa Fox
Head of Student Counselling



Olivia Feehan
Counsellor/Psychotherapist



Denis Gavagan
Administrator



Deirdre Hanamy
Senior Counsellor/
Psychotherapist



Kathy Heavey
Counsellor/Psychotherapist



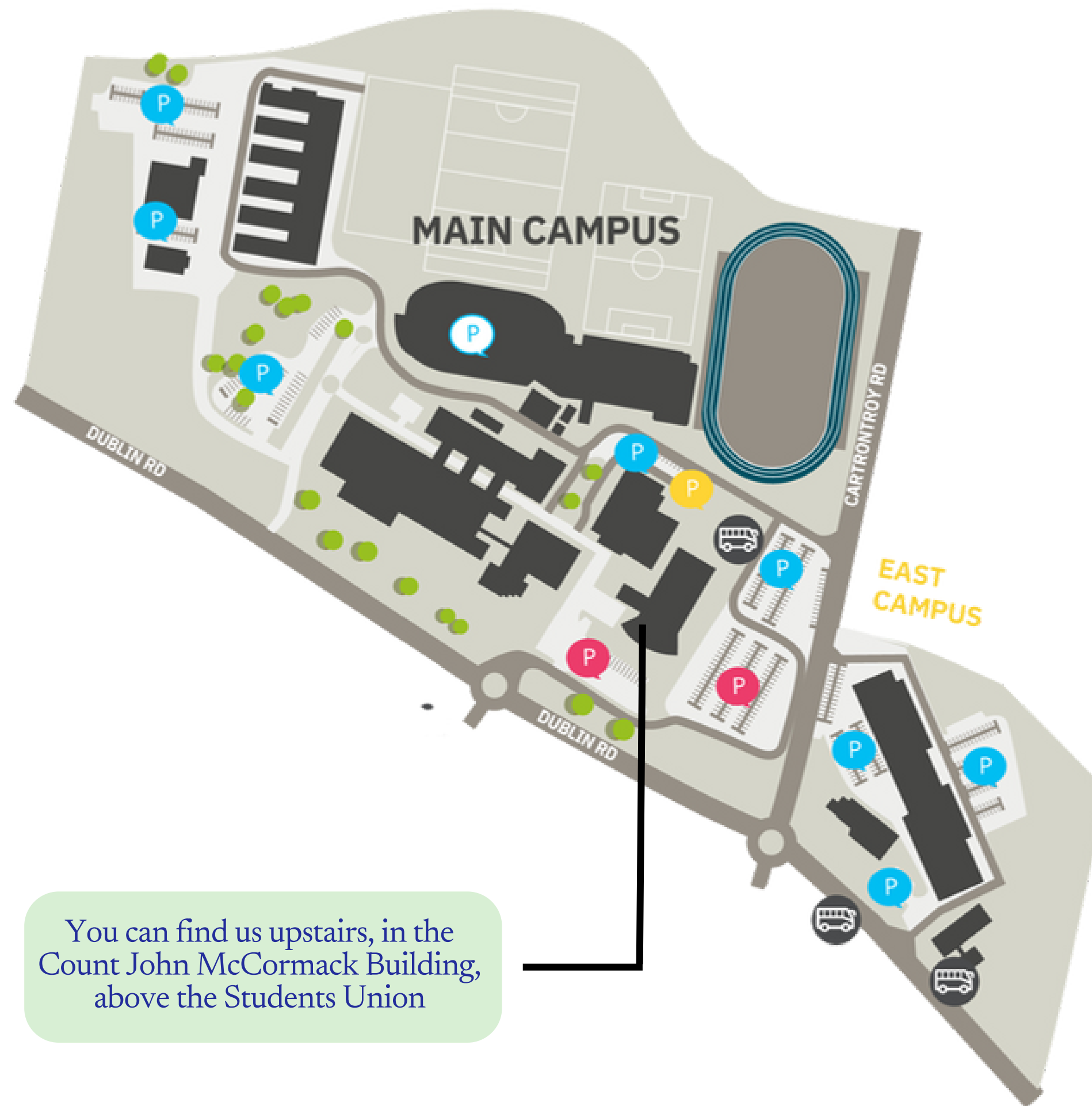
Here at TUS our counsellors are trained to listen sympathetically to your problems and suggest ways to resolve issues and change your behaviour.

By discussing your concerns with you, our counsellors can help you gain a better understanding of your feelings and actions, as well as facilitate you to look at ways to find your own solutions to your problems.

It can be a great relief to share your worries and fears with someone who acknowledges your feelings and can help you reach a positive solution.

Counselling will help you to discover new ways of coping, making changes, developing new skills and finding what works for you. The main aim of a counsellor is to help you work through various issues so that you can learn to new ways of dealing with situations as they may arise.

Where to find us?



You can find us upstairs, in the Count John McCormack Building, above the Students Union

How to Register for Counselling:

You can register for counselling by following this link to the counselling page and filling out the form provided

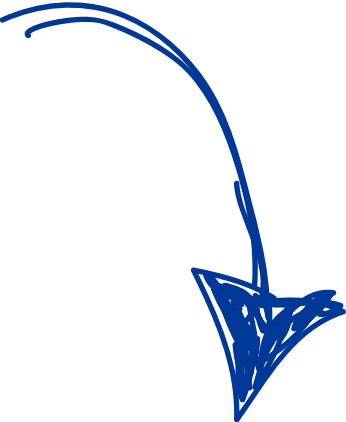
Can I access counselling if I commute?

Yes you can ! As well as face-to-face sessions we also offer video and telephone sessions.

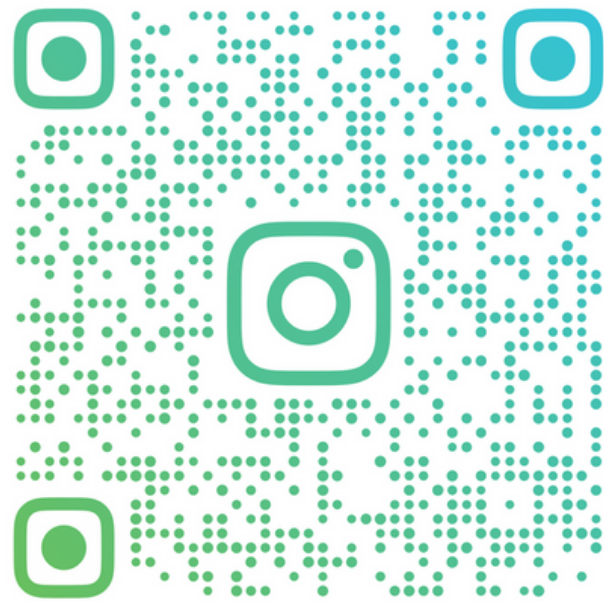
Do you have walk-in sessions?

Yes ! There is also our Walk Ins from 2-3pm every day during the academic year. No appointment is needed. Just check in with our administrator and then go to our waiting room.

Week 5:

Follow us  

SCAN ME



TUSMIDLANDSSTUDENTCOUNSELLING



Follow us on
Instagram, where all
week we will be talking
minding your mental
health!



TUS
Connect &
Engage

Week 5:



TUS

lights up green
for

Mental Health Matters Week



MENTAL HEALTH

matters

Week 5:

Anonymous online community.
Available 24/7. FREE to All students.
Join today



Connect with others experiencing similar feelings



Feel safe, trained professionals are on hand, 24/7



Stay anonymous, we protect everyone's identity within the community



Get results, research shows that our tools, courses and resources help



togetherall



SCAN HERE

Scan to Register.
FREE to All Students.

MENTAL HEALTH

matters

Week 5:



Managing Stress & Worry

A detailed guide on how to manage stress and worry problems.



Understanding Stress & Worry

A brief overview of what we mean by stress and worry.



How Good is Your Schedule?

How keeping a good schedule can leave you feeling less stressed.



Problem-Based Worries

A detailed step by step guide on how to manage difficult problems.



Balance Your Thinking

A course which will help you acknowledge and challenge unhelpful thinking



Catching Unhelpful Thoughts

Learn how to spot and track unhelpful thoughts.



Challenging Unhelpful Thoughts

Challenge unhelpful thoughts and arrive at a more balanced view.



Planning For The Future

Make a plan for the future to continue to build on your progress.



Student Life

A dedicated group within the Togetherall platform specifically for students to connect share experiences, and support each other.

[Join today](#)



Managing Emotions

This course helps members understand how to manage emotions.



Understanding managing emotions

Learning about emotional discomfort and how to build capacity.



Getting to Know Me

What are emotions and how do I learn to tolerate them?



Strategies

What strategies will support me in managing my emotions?

**Check out these
courses available
to you for free on
Togetherall!**

**Evidence-based
ways to mind your
wellbeing.**

MENTAL HEALTH

matters

Week 5:



5 Ways Togetherall Helps Students

Being a university student comes with a unique set of opportunities, obstacles and everything in between. It can be hard to navigate. Togetherall offers a dedicated space where students can connect with each other to offer insight, advice, and comfort 24/7 for **FREE**. Here are at least 5 ways Togetherall can help students.

- Anonymous** Togetherall is completely anonymous which can help students open up, seek support, and get help in a safe way.
- 24/7** Members can give and get support anytime from anywhere. The 24/7 nature of the platform allows students to seek mental health support after hours, which often suits their schedules more so than 9-5 services.
- Safe** Togetherall is monitored 24/7 by clinicians to ensure the platform stays safe, inclusive, and open to everyone. Members can post about their experiences without fear of negative comments and reach out for professional support if needed.
- Supportive** Students can give support to others in the global community. They may share and read about experiences outside of their academics where they can offer support and understanding.
- Groups for connection** Togetherall has a group specifically dedicated to students so they can share their successes, setbacks, triumphs and obstacles with others who understand.

Students can join the Togetherall Group "Student Life" by registering on Togetherall.com and once on the platform, clicking community where they will see a range of groups.



SCAN HERE

Scan to Register.
FREE to All Students.