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**Wellbeing Guide for Students Off-Campus**

As part of your student experience you will at some point find yourself on a co-op or work placement or abroad on Erasmus. For the most part, students enjoy these experiences and are very happy. However, some students find this to be the very time they need some extra support. There are a number of options for you. These include:

* Seeking counselling support from your host university, local Jigsaw (if in Ireland), or even through a work EAP scheme if there is one.
* Looking through some online apps and websites for support. Please see the lists over the page which we have put together for your convenience.
* Reading through some of the leaflets on the UL counselling website, <https://ulsites.ul.ie/studentaffairs/counselling-service>
* Contacting the UL counselling service for some support. You can do this by emailing [counselling@ul.ie](mailto:counselling@ul.ie), explaining your circumstances, and requesting a ‘phone drop-in’ call. Please provide your mobile number and a preferred day for a phone-call. An Assistant Psychologist will phone you at the Irish drop-in time (either 10am or 2pm) on your preferred day. They will take some demographic details, conduct a brief questionnaire, and ask some questions about your wellbeing in order to get a sense of your difficulties. Should you need counselling, you will be placed on the waiting list, although such counselling will occur either over the phone or via email, based on your preference.

Please remember that home-sickness is normal and that anxiety does pass in time. You can help yourself by researching your location in advance, smiling at others, making the first move, joining a group or class, planning trips, and doing things that you wouldn’t be able to do in Limerick. Do make contact with home but do not spend too much time doing so. Here are some ideas others have suggested:

* Seeing the Northern Lights (Sweden/Finland)
* Skiing lessons (France, Switzerland)
* Visiting European cities
* Researching the local history and culture
* Christmas markets (Germany)

**E-Resources for Positive Well-Being**

Apps

Smart phone apps can be a really useful way to practice breathing and meditation exercises to help with stress and anxiety.

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| Image result for breathe2relax | Breathe2Relax | Image result for calm app | Calm |
| Image result for headspace app icon | Headspace | Image result for Stop, Breathe & Think | Stop, Breathe & Think |
| Image result for the mindfulness app | The Mindfulness App | Image result for Virtual Hope Box | Virtual Hope Box |

Online Cognitive Behavioural Therapy (CBT)

CBT can be a useful way to challenge how we think and act to help with anxiety and low mood. Online programmes offers the opportunity to learn CBT skills.

* Aware Life Skills Online: [www.aware.ie/education/life-skills-online-programme/](http://www.aware.ie/education/life-skills-online-programme/)
* CBT Online: [www.online-therapy.com/cbt](http://www.online-therapy.com/cbt)
* Mood Gym: <https://moodgym.com.au/>

Self-Help Resources

Self-help materials can give us coping skills to help us through times of distress.

* *Information and exercise sheets*:
* Cognitive Behavioural Therapy self-help information and worksheets: [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
* Psychology Tools Self-Help: [www.psychologytools.com](http://www.psychologytools.com)
* UL Counselling Service: <https://ulsites.ul.ie/studentaffairs/self-help-leaflets>
* *Specific self-help intervention packages*:
* Centre for Clinical Interventions mental health information packages: [www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)
* National Health Service self-help booklets: <https://web.ntw.nhs.uk/selfhelp/>

Websites

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| Futureme.org | Write a letter to your future self. |
| Mind.org.uk | Mental health support and information. |
| Pleasetalk.ie | Ireland’s student-led mental health movement. |
| Reachout.com | Information on issues that can affect your mental health and well-being. |
| Spunout.ie | Ireland’s youth information website created by young people, for young people. |

**Crisis Helpline Numbers**

* Emergency services (Gardaí, Ambulance, Fire Service) 999 or 112
* Shannon Doc 1850 212 999
* Crisis Intervention Service

- Limerick 061-301111

- Clare 065-6863208

- North Tipperary 086-8306663

* ADAPT Domestic Abuse Services. 1800 200 504 (24/7) Email: [info@adaptservices.ie](mailto:info@adaptservices.ie) Website: [www.adaptservices.ie/](http://adaptservices.ie/)
* Al-Anon, strength and hope for families and friends of problem drinkers. 01-8732699 (10am to 10pm daily) Email: [info@alanon.ie](mailto:info@alanon.ie) Website: [www.alanon.ie](http://www.alanon.ie)
* Alcoholics Anonymous Ireland. 01-8420700 Email: [gso@alcoholicsanonymous.ie](mailto:gso@alcoholicsanonymous.ie) Website: [www.alcoholicsanonymous.ie/](http://www.alcoholicsanonymous.ie/)
* AMEN, support and practical assistance to male victims of domestic abuse 046-9023718 (9am-5pm, Mon-Fri) Email: [crisissupport@amen.ie](mailto:crisissupport@amen.ie) Website: [www.amen.ie](http://www.amen.ie)
* AWARE, a national support helpline for issues relating to mood disorders. 1800 80 48 48 (10am to 10pm daily) Website: [www.aware.ie](http://www.aware.ie)
* Bodywhys, The Eating Disorders Association of Ireland. 1890 20 04 44 (2hrs daily) Email: [alex@bodywhys.ie](mailto:alex@bodywhys.ie) Website: [www.bodywhys.ie/](http://www.bodywhys.ie/)
* GOSHH (Gender, Orientation, Sexual Health, HIV) 061-316661 (Mon 2.15pm–5pm, Tues-Fri 9.30am– 5pm) Email: [info@goshh.ie](mailto:info@goshh.ie) Website: [goshh.ie/](https://goshh.ie/)
* GROW, Community Mental Health 1890 474 474 Email: [midwesternregion@grow.ie](mailto:midwesternregion@grow.ie) Website: [www.grow.ie/](http://www.grow.ie/)
* Pieta House, for suicidality and self-harm 1800 247 247 (24/7)Email: [mary@pieta.ie](mailto:mary@pieta.ie) Website:  [www.pieta.ie](http://www.pieta.ie)
* Rape Crisis Midwest 1800 311 511 Email: [info@rapecrisis.ie](mailto:info@rapecrisis.ie) Website:  [www.rapecrisis.ie/home.html](https://www.rapecrisis.ie/home.html)
* Samaritans, confidential listening service 116 123 (24/7) E-mail: [jo@samaritans.org](mailto:jo@samaritans.org) Website: [www.samaritans.org/](http://www.samaritans.org/)

For 24 hour confidential text support text to 087-2609090