

## STEPS TO TAKE IF CONCERNED ABOUT THE MENTAL HEALTH OF A STUDENT

I'm concerned	What you can do.....	You tried that....
<b>Non-Emergency</b> Withdrawn, Low in mood, tearful and worried, struggling in college, etc	Learn about on-campus support services; Find out about local community supports available;  encourage the student to visit a member of the support services team or get them to contact their Head of Department, Class Tutor, Students' Union, On campus Health Centre or their own GP.	Your suggestion was rejected and you are still concerned - contact the support services, Head of Department, Class Tutor or a member of the Students' Union yourself to get advice, guidance and support on the issue.  The best way to help someone that you are concerned about is to refer them to the right support. Keep any communications or conversations about the issue of concern confidential. Mind your own health also.
<b>Emergency</b>	<b>someone requiring immediate help</b>	<b>What to do and who to call</b>
Mental or emotional distress and needs immediate attention	A possible or definite overdose	Call emergency 999 or 112
	Very Abusive/threatening or a danger to themselves and others	On North Campus - Security 1676 On South Campus - Security 4181 Off Campus - Tralee Garda Station 0667102300
	Talking about not being around and/or giving possessions away	Try not to act alone. If possible, engage with another person.
	Expressing self-destructive or suicidal ideation, either verbally or in writing	Contact the Student Health Centre or other appropriate service immediately.
	Expressing feelings of hopelessness	
	Behaving in a bizarre manner	If it is safe to do so, remain with the student until support for you and the student arrives.

CONTACTS	Monday to Friday (9am to 5pm)	Out of Hours (after 5pm & before 9am)
	<b>Student Health Centre</b> #1679, 066 7191679 or <i>On-campus Emergency 087 8275982</i> <b>Student Counsellor Office</b> #1690, 066 7191690, 086 3049966 <b>Chaplain's Office</b> #1674, 066 7191674, 086 8658736	South Doc 1850 335 999 Tralee Garda Station 066 7102300 (24/7) Emergency Services 999 or 112 (24/7)