

Dear students

We are very much aware that the pandemic and the move to remote learning has brought additional stresses and challenges for students. We would like to let you know that there are a range of supports available to students within NUI Galway and elsewhere. If you feel that you would like to talk to someone in confidence, we would encourage you to contact one of the services listed below. Please remember also that you can contact your Lecturers if you are experiencing any difficulties with your academic work.

### **NUIG 50808**

NUIG 50808 is 24/7 free, confidential, anonymous text response service available to any NUI Galway student experiencing a crisis of any kind such as relationships, loneliness, job loss, money, assault, high anxiety or low mood.

**By texting NUIG to 50808 you will receive a reply within 5 minutes from a highly trained and motivated volunteer who will provide a warm listening ear and signposting to local supports and services.** So if you experience a crisis of any kind at any time of the day or night, there is no need to suffer in silence, immediate support is available by texting NUIG to 50808. Your family and friends can also avail of this service by texting 'Hello' to 50808.

### **Chaplaincy**

The Chaplaincy service offers pastoral care, welfare support and spiritual guidance to the students of NUI Galway.

The Chaplaincy Service is available to support students remotely during normal working hours and outside of working hours, when required. The Chaplaincy Office on 6 Distillery Road is closed at present. However, they are available to continue to meet students to deal with an urgent or emergency situation. They can be contacted as follows:

Fr Ben Hughes,  
Chaplain: [ben.hughes@nuigalway.ie](mailto:ben.hughes@nuigalway.ie)

T: 087 203 7538

Jimmy McGovern, Seas Suas Manager

E: [jimmy.mcgovern@nuigalway.ie](mailto:jimmy.mcgovern@nuigalway.ie)

T: 083 062 6898

### **Counselling**

*You can consult with a member of the NUI Galway counselling service for any issue. They provide skilled listeners who have experience dealing with all the challenges students encounter.*

NUI Galway Student Counselling is continuing to operate, remotely online or by phone. For enquiries or to set up an online/phone assessment please email: [counselling@nuigalway.ie](mailto:counselling@nuigalway.ie)

### **NUI Galway Student Services & Students Union:**

The following link has general information about supports available within NUI Galway student services: <http://www.nuigalway.ie/student-life/student-support/>

The Students Union web page provides valuable information and guidance for students about a range of issues: <https://su.nuigalway.ie/help-advice/>

### **Other health and emergency contacts:**

- Student Health Unit NUI Galway: 091 492604 [http://www.nuigalway.ie/health\\_unit/](http://www.nuigalway.ie/health_unit/)
- Your own GP
- University Hospital Galway Emergency Department: 091 544544
- The Samaritans: 116 123
- Pieta House: 1800 247 247.