

## Griffith Counsellor/Support Numbers

The Griffith Halls of Residence community have access to an off-site, external counselling service. Counselling is provided in the strictest of confidence.

This is free of charge for the first number of consultations for learners, residents, staff and lecturers of the Griffith College community.

The counselling team can be reached at 085 152 1511 (by calling, by text or WhatsApp) or by emailing [counselling@griffith.ie](mailto:counselling@griffith.ie).

This number and text messages are accessed only by the external counselling service and are completely private and confidential. Please note that email 're-directs automatically' to the external counselling service and NO member of Griffith College staff have access to this email.

The external counselling service is available for appointments 9am to 8pm Monday to Friday and 9am to 1pm on Saturdays. A 24-hour emergency phone service operates Fridays, Saturdays and Sundays.

Counselling is provided in the strictest of confidence.

The Samaritans offer 24/7 helpline support: Freephone 116 123

Our security team, who are on campus 24 hours a day, 365 days a year can also be reached at 086 818 2370. The Security team members are trained to assist and support you.

## Resident Support Numbers

Ambulance/Fire Service/Police 112 or 999	Student Counsellor 087 972 9335
Alcoholics Anonymous (01) 453 8998	Aware (Depression) 1890 303302
Bodywhys (Eating Disorder) 1890 200444	Dublin AIDS Alliance (01) 873 3799
Drug Treatment Centre Boar (01) 6488600	Irish Family Planning Association 1850 495 051
Rape Crisis Centre 1800 778888	Samaritans 116 123
Contactors (On call medical service from 22h00) (01) 453 9333	Grafton Medical Centre (01) 671 9200
Dub Doc (On call medical service between 18h00-22h00) (01) 454 5607	Security 086 8182370
Gardai (Kevin's Street) (01) 666 9400	St. James Hospital - Accident and emergency (01) 416 2775
Well Man Clinic (01) 288 9838	Well Woman Centre (01) 6609860
Women's Aid Helpline: 1800 341 900	Pieta House Phone: 01 601 0000

<p>One Family Support and information services for men and women parenting alone, sharing parenting or separating. Helpline (LoCall): 1890 622212</p>	<p>SOSAD Offers free one to one counselling, suicide bereavement support, advice and care. Phone (24 hr): 041 9848754 Email: info@sosadireland.ie</p>
<p>LGBT Helpline Helpline: 1890 929 539 Email: info@lgbt.ie</p>	<p>Gay Switchboard Ireland Helpline: 01-872 1055 Email: ask@gayswitchboard.ie</p>
<p>Dublin Lesbian Line Helpline: 01-872 9911 Email: info@dublinlesbianline.ie</p>	<p>Amen/AnyMan Confidential helpline and support service for men experiencing domestic abuse. Helpline: 046 9023 718</p>