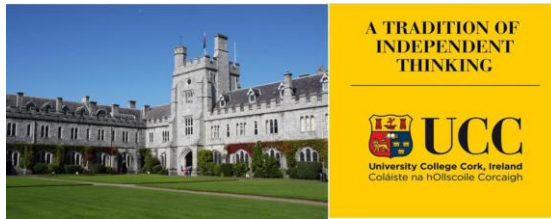


Ongoing Available Supports UCC

Service	Description	Where do I go?
<p>Aware</p>	<p>The Aware Young Adult Support & Self Care Group is for people aged 18-26 years of age who experience anxiety, depression, bipolar or related mood disorders. It's an opportunity for young people to have a cuppa and just talk. To share their story or hear from people in a similar situation and to talk openly, without judgement, in a safe space.</p> <p>Aware currently has three offerings for our Support & Self-Care Groups. Please note it is now mandatory to book your place in advance of each group, each week.</p>	<p>Webpage: https://www.aware.ie/support/support-groups/</p>
<p>Careers</p>	<p>Find that you have more time on your hands than usual? Why not get career ready, whether that's for a part time job or for that big job you are dreaming about. Find CVs and Interviews tips for international students presented by Careers Advisors.</p>	<p>Career Applications Toolkit: https://www.ucc.ie/en/careers/areyouacurrentstudent/applicationstoolkit/</p> <p>Interview Clinic: https://sway.office.com/RDQWxp k2tE85pQzL?ref=Link</p>
<p>Crisis Text Line</p>	<p>Do you need someone to talk to right now? Crisis Text Line's text message support service is available to UCC students 24 hours a day, 7 days a week. We provide in-the-moment anonymous support and problem solving when you need it most. Any issue. Any time.</p>	<p>Text 'UCC' to 086 1800 280 (*rates may apply).</p>

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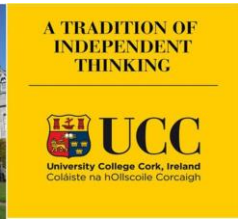
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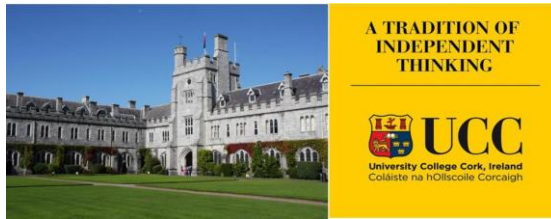
<p>Counselling</p>	<p>Student Counselling & Development offers free and confidential one-to-one counselling to UCC students. Please note that due to Covid-19 restrictions, this department is working remotely. One-to-one telephone counselling appointments are available to students. To arrange a telephone appointment, please email counselling@ucc.ie.</p>	<p>Webpage: https://www.ucc.ie/en/studentcounsellingtraining/</p>
<p>Disability</p>	<p>International students with a disability who come to study in UCC are required to register with the Disability Support Service (DSS) in order to request reasonable accommodations such as exam or other supports. This applies to all students, including those visiting UCC for one semester.</p>	<p>Webpage: https://www.ucc.ie/en/dss/.</p>
<p>International Student Society</p>	<p>We encourage you to take the opportunity to connect with current UCC students as well as other newly arriving international students. Join our 2020/2021 International Student Society Facebook group and join the conversation on the WhatsApp Group.</p>	<p>Facebook Page. https://www.facebook.com/groups/549588282596666/?fref=mentions</p> <p>WhatsApp. https://chat.whatsapp.com/DiusllwNkPf6Ia8qTo1xe9</p>
<p>Mental Health & Wellbeing Online Resources</p>	<p>Cognitive Behavioural Programmes These programs contain in-depth information, exercises, worksheets and activities that are designed to help you overcome a variety of issues that can affect students.</p> <p>Life Matters Programme</p>	<p>Web page: https://www.ucc.ie/en/studentcounselling/online/</p>

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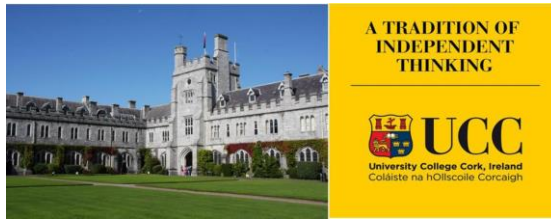
	<p>is a programme which seeks to enhance students' experience by promoting mental health, emotional wellbeing and life skills. It is a biological, psychological and social programme. The Life Matters Programme is a core contributor to the UCC Strategic Plan to enhance student experience and is delivered through a course of five workshops.</p> <p>Participate is a research project that aims to develop online programmes to boost student participation and to tackle social anxiety problems. The Participate project was initiated by the National University of Ireland, Galway, and this is a research application of the project being organised in collaboration with University College Cork.</p> <p>Self Help Resources Some other online resources containing podcasts, short videos and courses on topics ranging from wellbeing, social anxiety to coping skills.</p>	<p>Webpage: https://lifematters.ucc.ie/</p> <p>Webpage: https://ucc.participateonline.net/</p> <p>Webpage: https://www.ucc.ie/en/studentcounseling/info/</p>
<p>Money Matters</p>	<p>Budgeting as a UCC student is all about making "sensible sacrifices" regarding what you spend your money on and trying to balance your income with your expenditure. In other words, what's going out of your pocket shouldn't be more than what is going in. Contact Cian Power our Student Budgeting Advisor for hints and guidance on managing your money.</p>	<p>Webpage: https://www.ucc.ie/en/sfsa/</p>



<p>Niteline</p>	<p>UCC Niteline is a listening service for students run by students. It is a non-judgemental, non-directive and confidential listening service that operates via an instant messaging service. Niteline volunteers are UCC students trained by the Cork Samaritans and are there for any UCC student who needs somebody to talk to.</p>	<p>Webpage: https://www.ucc.ie/en/peersupport/niteline/</p>
<p>Peer Support</p>	<p>Unfortunately UCC Peer Support Leaders cannot not meet their linked students in person during the current closure. However, Peer Support Leaders remain contactable to all of their linked students via Google Meets and email. They are available to you to listen to your concerns, provide you with relevant available information and link you in to other services as needed.</p>	<p>Webpage: http://www.ucc.ie/en/pass/</p> <p>Peer Support Guide to the first 6 weeks: https://www.ucc.ie/en/peersupport/welcometoucc-aguidetoyourfirst6weeks/</p>
<p>Skills Centre</p>	<p>The Skills Centre offers customised virtual workshops and online sessions to help develop and enhance your essential study skills.</p>	<p>Webpage: http://skillscentre.ucc.ie/</p> <p>Come study with us: https://www.ucc.ie/en/skillscentre/sessions/comestudywithus/.</p>
<p>Students Union - Welfare Officer</p>	<p>The Students Union Welfare Officer covers the non-academic aspects of a student's time in UCC. These include issues relating to education; grants, accommodation, finance and your general wellbeing; physical and sexual and mental health. The SU Welfare Officer provides an open, caring, impartial and non-</p>	<p>Webpage: https://www.uccsu.ie/can-we-help/welfare/</p> <p>Email: welfare@uccsu.ie Tel: 086 184 2697</p>

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	<p>judgemental service with up to date information on any topic. Your Student Welfare Officer for this year is Jamie Fraser.</p>	
<p>Students Union - Education Officer</p>	<p>Eimear Curtain is the Education Officer for 2020/2021 and will talk you through the supports available to you: Grinds, Study Rooms, Study Tips, Exam repeat info, Grading, Plagiarism Info.</p>	<p>Webpage: https://www.uccsu.ie/can-we-help/education/#toggle-id-2-closed</p> <p>Email: education@uccsu.ie Tel: 086 184 2699</p>
<p>Student Wellbeing Team</p>	<p>Easy steps to build happiness and reduce stress. Learn simple ways to improve the quality of your day. Growing resilience, kindness and gratitude.</p>	<p>Webpage: https://www.facebook.com/uccstudentwellbeing/</p>
<p>Student Health Department</p>	<p>The Student Health Department is not operating a walk-in service during COVID. For all appointment requests call us on (021) 4902311 to arrange a consultation.</p> <p>Many problems can be managed following a telephone consultation. Some problems may require a video-consultation using Microsoft Teams. If an on-site face to face consultation is required you will be given a time to attend the centre.</p>	<p>Webpage: https://www.ucc.ie/en/studenthealth/about/</p>