**Student Counselling -** Key Resources

**Drop-in Sessions and Counselling**

[](http://www.nuigalway.ie/student_services/counsellors/)To get an appointment during term time, come to our drop-in. Drop-in is every weekday in term from**2 to 4 pm** in 5 Distillery Road.

Usually drop-in is a short meeting with a counsellor leading to a standard offering of up to 6 sessions of counselling. But it can be once-off advice if needed.

*Out of term email*[*counselling@nuigalway.ie*](mailto:counselling@nuigalway.ie)*or phone 091 492484*

**Online Programmes**

We offer two free online programmes. Students can have a one-to-one support person helping them through.

**[](https://participate.nuigalway.ie/)**

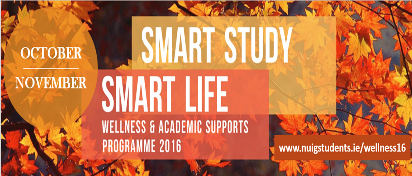
**Participate** is a rapid and effective online CBT programme for shyness and social anxiety. If it’s a difficulty with meeting people or public speaking, check out

<https://participate.nuigalway.ie>

**[](https://nuigstudentcounselling.silvercloudhealth.com/signup)SilverCloud** is an online supported CBT (cognitive behavioural therapy) programme, tailored to your specific needs, with high improvement rates for depression, anxiety and stress. For more, click on

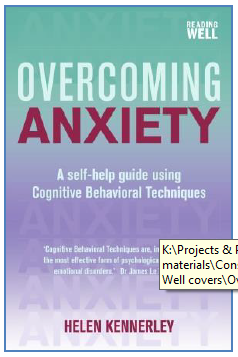
[silvercloudhealth.com/signup](https://nuigstudentcounselling.silvercloudhealth.com/signup/)

**Workshops**

[](http://www.nuigstudents.ie/wellness16)We offer various free workshop programmes through the year – useful skills, how to deal with procrastination etc. For more:

<http://www.nuigalway.ie/counsellors/workshops/>

**Books for Good Mental Health**

[](http://tinyurl.com/hjd2eqw)Books can be great resources for good mental health, with proven beneficial effects. Check out the Library’s Mind, Body and Soul Collection by clicking on

[Mind, Body and Soul](http://tinyurl.com/hjd2eqw)

It includes excellent self-help books and audio-visual resources for depression, anxiety etc.