



# UNIVERSITY of LIMERICK

O L L S C O I L L U I M N I G H

## U L Counselling Service

*'The right service delivered by the right people in the right place at the right time'*

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### About Eíst

Eíst - Student Counselling and Wellbeing Service is a free and confidential service, which is available to all registered UL students. A brief overview of the model of care we provide, *The Stepped Care Model*, is available [here](#).

The service provides one-to-one counselling and specialist input to assist students on their progress through University life, with all of its stresses and strains. This includes support in times of immediate crisis. The service provides on-line wellbeing and mental health advice and information. In addition the service offers a lunchtime series of wellbeing workshops and afternoon relaxation sessions.

The service is [staffed](#) by qualified and experienced clinical psychologists, sessional and trainee psychotherapists who are knowledgeable in different backgrounds and are equipped to deal with a wide range of personal issues. We advise if you have a difficulty and need help, don't hesitate to come and see us.

If you wish to attend our service, our Drop In hours are **11-12p.m and 2-3p.m.** daily during term time. You will first be seen by one of our assistant psychologists, who will discuss your concerns and advise what the service can offer to you.

### How to Find Us

*First Seven Weeks* of UL have made a short video on how to find the counselling service, which can be found [here](#)

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**Contact Number: 061-202327**

**Email: [counselling@ul.ie](mailto:counselling@ul.ie)**

**Location: CM-073 (Next to the Student Health Centre)**

**Follow our [Facebook page](#) for regular updates!**

<https://ulsites.ul.ie/studentaffairs/counselling-service>