



# STUDENT WELLBEING AT RCSI

**Your guide to Student Welfare, Counselling, and GP Services for students at RCSI - how to access help and support.**



# STUDENT WELFARE SERVICE

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The CoMPPAS Student Welfare team provide confidential one-to-one support and advice for students at RCSI. The service is Social Worker led and aims to empower students to reach their full potential and overcome the challenges they meet in the course of their studies.

## We Aim to:

- Provide a compassionate, inclusive and student centered service
- Promote positive mental health among the RCSI student body
- Implement personalised support plans collaboratively with students based on individual needs
- Promote the rights of the students and advocate on their behalf

## What we do:

- Meeting with students in 1 to 1 appointments
- Run events and workshops to promote Positive Health on campus
- Provide guidance and support regarding college regulatory processes eg. Exceptional Circumstances, Appeals, Complaints.

## We can help with:

- Strategies for positive mental health
- Self Care
- Personal difficulties
- Feeling overwhelmed or anxious
- Feeling homesick
- Bereavement
- Financial difficulties
- Making a plan to overcome any difficulties you may be facing



# RCSI COUNSELLING SERVICE

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**RCSI offers a professional independent confidential counselling service, available to all RCSI students, which is located off campus.**

CPSL has extensive experience over many years in providing counselling support to RCSI students. On behalf of RCSI, they manage a diverse panel of professionally registered counsellors with a broad range of expertise located across the city.

Using counselling as a source of support is not a sign of weakness. Rather, it is an indication of personal strength and our determination to address and seek solutions to our problems before they potentially overwhelm us and we find ourselves unable to function.

If you are unsure as to whether counselling is the right approach for you, you may wish to make an appointment to discuss your needs with a Student Welfare Officer, or with your GP.

If you would prefer, you can self-refer to the counselling service by contacting CPSL counselling at [cpslmerrion@gmail.com](mailto:cpslmerrion@gmail.com), or 01 283 9366.

RCSI will cover the cost of 10 sessions per student, but further sessions may be covered on the basis of an assessment of your needs.



# CoMPPAS STUDENT ASSISTANCE PROGRAMME

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The CoMPPAS Student Assistance Programme is a confidential and independent counselling and specialist information service, which can be accessed 24 hours per day, 365 days per year. This service provides both phone based support, information and access to up to six counselling sessions. CSAP offers an online wellbeing portal with information on mental and physical health, nutrition and meal planning, financial wellbeing and more. Visit :<https://rcsi-sap.spectrum.life/login>

You can access through a confidential, freephone telephone line, an online chat function through the platform or by requesting a call back.

## Call day or night

Freephone: 1800 851 340

WhatsApp: Text 'Hi' to 087 369 0010

INTL: 00353 1 518 0277

## HOW DO I KNOW WHICH COUNSELLING SERVICE TO SELECT?

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### CSAP:

- Available 24/7 365 Days a year
- Available Internationally
- Up to 8 sessions per issue
- Self-Referral
- Phone/ Video/ in person
- Return to counselling at any time
- Extension of sessions based on clinical need

### CPSL :

- Available by appointment during office hours
- Based locally in Dublin, Ireland
- 10 sessions offered initially
- Phone/ Video/ in person
- Extension of sessions based on clinical need

# PRIMARY CARE AT RCSI

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## **Mercer's Medical Centre – General Practice and Family Medicine**

All undergraduate students of RCSI (including GEM students) are entitled to free consultations at Mercer's Medical Centre. Students are responsible for charges incurred for out of hours services, house calls and prescribed medication charges.

For more information visit:  
[www.mercersmedicalcentre.com](http://www.mercersmedicalcentre.com)

# DUBDOC OUT OF HOURS GP SERVICE

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DubDoc, based at St James Hospital, Dublin 8, provides an urgent care out of hours GP service on weeknights between 6pm and 10pm, and on weekends between 10am and 6pm.

You should call 01 454 5607 to request a DubDoc Appointment.

**[www.dubdoc.ie](http://www.dubdoc.ie)**

**In case of medical emergency,  
dial 112 or 999.**

# CONTACTING THE STUDENT WELFARE TEAM:

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To make an appointment with a Student Welfare Officer, please email **sw@rcsi.ie**

Please include your student number, a contact local phone number and a short description of your query.

# A LITTLE BEAR WITH A BIG MESSAGE

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If you would like Welfare Bear to promote an online event or campaign please contact the student welfare team at **sw@rcsi.ie** with a short description of your event and any relevant promotional materials.

