# Student in Distress Guide

## Student

### Immediate Danger

**Student in immediate danger of harming themselves or somebody else, or in a situation where they could come to serious harm (e.g. suicide/violence/domestic abuse)**

Tell student that you are concerned

Refer to DIT Counselor or Medical Practitioner (DIT Health Centre or student’s GP)

If student is unwilling to accept help, contact (ideally in student’s presence) a DIT counselor or Medical Practitioner (DIT Health Centre or student’s GP)

If services are unavailable or student refuses to use services — contact ‘next of kin’ (try involving student in decision)

Contact Local DIT Porters Desk (re contacting Gardaí/Ambulance) if there is an external threat to student’s safety

### Academic Concerns

**Unhappy In Course/Thinking of Leaving**

Refer to ‘Thinking of Leaving’ Guide

Refer to Career Development Centre or Course Coordinator/Year Tutor

**Academic/Exam-Related Anxiety**

**Anxiety**

Refer to DIT Counselling Service

**Discuss Results/Options/Next Step**

Refer to Year Tutor/Course Coordinator or DIT Career Development Centre

**Query/Challenge Grades**

Refer to local DITSU Students Support Advisor, Lecturer/Tutor and/or local DIT Examinations Office

**Disability/Learning Support Concerns**

Refer to Disability Support Service or local Learning Support Officer

**Bullying Concerns**

Refer to local DITSU Students Support Advisor, DIT Counselling Service or DIT Chaplaincy

**Fee Concerns**

Refer to local DIT Student Services Centre or DIT Fees & Income Office

**Grant Concerns**

Refer to SUSI (0761 08 7874), other grant provider or www.studentfinance.ie

### Personal Concerns

**Mental Health/Well-being**

Refer to DIT Counselling Service and DIT Health Centre

**Physical Health/Illness**

Refer to DIT Health Centre, Contact Emergency Services (Ambulance 999/112)

**Financial Concerns Or Homelessness**

Refer to DIT Financial Aid & Accommodation Services, local DITSU Student Support Advisor or DIT Chaplaincy (Local Chaplain)

**Family/Relationship Issues or Isolation/Loneliness/Homesickness**

Refer to DIT Counselling Service or DIT Chaplaincy (local Chaplain)

**Addiction/Substance Abuse or Pregnancy Concerns**

Refer to DIT Counselling Service or DI Chaplaincy (local Chaplain)

**Sexuality**

Refer to DIT Counselling Service, DIT Chaplaincy or DIT LGBT Society

**Discrimination/Racism**

Refer to DITSU Student Support Advisor or DIT Chaplaincy

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**DIT Career Development Centre**

3082 Southside, 2961 Northside or local Careers Adviser

**DIT Chaplaincy**

3639, 087 747 7110 or local Chaplain

**DIT Counselling Service**

3352, 086 082 0543

**DIT Disability Support Service**

7656, 7681, 7658 or local Learning Support Officer

**DIT Examinations Office**

See ‘Contact Exams Staff’ on www.dit.ie/examinations or dial main DIT reception (3000) and ask for relevant exams office

**DIT Fees & Income Office**

7500

**DIT Financial Aid & Accommodation Services**

3394, 7513, 3353

**DIT Health Centre**

3051 Southside, 3614 Northside

**DIT LGBT Society**

LGBT@socs.dit.ie

**DIT Student Services Centre**

7000 (AST), 3883 (BST)

**DITSU Student Support Advisor**

3110 (AST), 3621 (BST), 4370 (CBSt), 2813 (KSt), 4111 (MSq)

[www.dit.ie/staffcampuslife](http://www.dit.ie/staffcampuslife)