Welcome to **IT Sligo Student Counselling Service**. We are ready to give you psychological support during these challenging times.

The Student Counselling Service is open Monday to Friday 9am until 4pm.

To make an appointment with the Student Counselling Service

* Phone the Health Service reception on **071-93 05463** between 9am-4pm, Mon to Friday
* Closed for lunch 12.30pm until 1.30pm
* Email studentcounsellor@itsligo.ie  please specify in your email if you would like an appointment:
1. In Person , (b)Online (via Teams)  (c)By Telephone

You will be asked to sign and return consent forms online prior to your Counselling appointment. All forms will be emailed to you.

**Do not attend the Student Counselling Service in person when seeking an appointment.**

ATTENDING A COUNSELLING APPOINTMENT IN PERSON

If you are attending the counselling service in person, you will be asked to submit by email, a completed **COVID 19 Self-Declaration Form** along with the **Consent and Confidentiality forms** prior to your appointment. **Completion of the COVID-19 form is necessary before you attend a face to face appointment.**

It is important that you arrive at the exact appointment time given to you.

You will be asked to sanitize your hands and wear a face covering while in the Student Centre.

We will be operating a strict social distancing policy at all times.

ONLINE/ TELEPHONE COUNSELLING APPOINTMENTS

If you would like a telephone or online consultation, you will be asked to submit by email a completed **Online and Telephone Support form** along with the **Consent and Confidentiality forms.** If you opt for an online consultation this will be arranged via TEAMS. You will be given a scheduled time so that you can make sure you have a private place to take the call / log in to TEAMS without interruptions or noise.

Remember we are here to help!

Student Counselling Services Team