SOCIALISING SAFELY

Charge your phone before you go out.
Plan your journey home.
Share a taxi.
Stay with your friends.
Look out for each other.
Be aware of spiking.

If you don’t feel safe, seek someone you trust or contact the free services on the next page.
SOCIALISING SAFELY

IF YOU DON'T FEEL SAFE, SEEK SOMEONE YOU TRUST OR CONTACT THESE FREE SERVICES:

ATU Sligo Supports (9am - 4pm)

- Student Health Service
  - studenthealthservices.sligo@atu.ie
  - 071-9305205/071-9305463
- Student Counselling Service
  - studentcounsellingservices.sligo@atu.ie
  - 071-9305463
- Pastoral Care & Chaplaincy Service
  - pastoralcare.sligo@atu.ie
  - 071-9305215/085-8590471

24 Hour Supports

- The Samaritans
  - Call 116 123
  - Text 50808
- Rape Crisis Centre
  - 1800 77 8888
- Donegal Sexual Assault Treatment Unit (SATU)
  - 087 06 81 964
- Sligo Garda Station
  - 071-9157000
- Emergency Services
  - 999/112