



**IN CRISIS? FEELING UNSAFE?**

**YES I NEED IMMEDIATE HELP**

Is there an imminent risk to self or others?

**YES**

**EMERGENCY SERVICES**

Ambulance / Gardai Emergency  
Tel: 911/112

**Local Garda Stations**

Maynooth Tel: (01) 629 2380  
Leixlip Tel: (01) 666 7800

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**MAYNOOTH UNIVERSITY**

**STUDENT HEALTH CENTRE**  
Tel: (01) 708 3878  
Open: Monday-Friday  
09.00-12.45 / 14.00-16.45

**CAMPUS SECURITY**  
Tel: (01) 708 3929  
24/7 cover

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**EXTERNAL SERVICES**

KDOC Appointments: (045) 848 701  
**After 5.30pm** (Charges apply)

Naas Hospital: (045) 849 500  
Blanchardstown: (01) 646 5000

**EXTERNAL HELPLINES**

Text Support: Text MU to 50808  
Pieta House: 1800 247 247  
Rape Crisis Centre: 1800 778 888  
Samaritans: 116 123 (24/7)  
Niteline: 1800 793 793  
Aware: 1800 80 48 48

**NEED TO TALK?**

**YES I NEED TO TALK TO SOMEONE**

Is your distress...

**Personal**

**Academic**

**STUDENT SERVICES**

*Office Hours (Mon-Fri):*  
09.00-13.00 / 14.00-17.00

**Counselling Service**  
Tel: (01) 708 3554

**Student Health Centre**  
Tel: (01) 708 3878  
E: healthcentre@mu.ie

**Mental Health Advisor**  
Tel: (01) 708 6007

**Chaplaincy Service**  
Tel: (01) 708 3469

**Student Support Officer**  
Tel: (01) 474 7627

**Student Helpdesk**  
Tel: (01) 474 7444  
E: studenthelp@mu.ie

**Student Support Hub**  
Tel: (01) 708 4729

**Budgeting Advice**  
E: student.budget@mu.ie

**Residence Office**  
Location: Courtyard Plaza  
E: residence.office@mu.ie

**MU Students Union**  
Location: Students Union  
www.msu.ie

**ACADEMIC SUPPORT**

**Academic Department**

- Course Co-ordinator
- Head of Department
- Departmental Administrator
- Lecturer/Tutor

*Check your Department's webpage for contact details*

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**Academic Advisory Office**  
Location: Education House  
E: advisory.office@mu.ie

**Programme Advisory Office**  
Location: Rowan House  
E: programme.choices@mu.ie

**Maths Support Centre**  
Location: Social Learning Room, Library  
E: msc@mu.ie

**Writing Centre**  
Location: Education House  
E: writingcentre@mu.ie

**Access Office**  
Location: MAP Lodge  
(01) 708 4600

**Fees & Grants Office**  
Location: Rye Extension  
Tel: Fees.office@mu.ie