



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: 999/112
** Know your Eircode*

Local Garda Stations
Maynooth Tel: (01) 629 2380
Leixlip Tel: (01) 666 7800

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):
09.15-13.00 / 14.00-16.45

Counselling Service
Tel: (01) 708 3554

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

Mental Health Advisor
Tel: (01) 708 6007

Pastoral Care
E: pastoral.care@mu.ie

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: Arts Block
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