

MU Support Links

If you require support, please contact one of our services below:



**Maynooth
University**

National University
of Ireland Maynooth

For Students: Student Services *01 708 4729*

www.maynoothuniversity.ie/student-services

- Student Health Centre *01 708 3878*
- Counselling Service *01 708 3554*

For Staff: Inspire Workplace Services (counselling, legal and budgeting supports) <https://maynoothuniversity.ie/human-resources/news/new-inspire-support-hub>

For Everybody:

- Text about it – Free text ‘MU’ to *50808*
- Campus Security *01 708 3929*
- Maynooth University Campus Garda (Police) *01 708 4726*
- Maynooth Garda Station (Police) *01 629 2380*
- Dublin Rape Crisis Centre 24-hour national helpline: *1800 77 8888*
- Niteline – Student Support Line *1800 793 793*
- ‘Speak Out’ <https://mu.speakout.ie/> is an online anonymous reporting tool available for students and staff, to disclose incidents of bullying, cyberbullying, harassment, discrimination, hate crime, coercive behaviour/control, stalking, assault, sexual harassment, sexual assault, and rape. The tool will help you to find information and contact details on relevant Maynooth supports and specialist external supports. Should you wish to make a formal report, guidance on formal reporting procedures is signposted.