# Maynooth University Counselling Service

Call back request:

https://www.maynoothuniversity.ie/node/394198



SCAN ME

# SilverCloud

SilverCloud is a digital, online mental health platform which offers a suite of easy-to-follow programmes and tools designed to help you improve and maintain your health & wellbeing.

Resilience
Sleep
Money Worries
Mindfulness
Stress
Alcohol
Positive Body Image
Depression
Anxiety

Counselling

https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling/silvercloud

# togetherall

**Peer Support Community 24/7**

An online mental health and wellbeing peer support community that gives access to a safe, anonymous, and professionally moderated community where people can share experiences and support each other.

*Join Today.....*

https://togetherall.com/en-ie/

*Enter your MU Student Email Address*
*Choose an anonymous name*