

WELFARE GUIDE



UCD STUDENTS' UNION
UNIVERSITY COLLEGE DUBLIN

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UCDSU.IE

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WE ARE YOUR STUDENTS' UNION. WE MADE THESE GUIDES TO 'WINGING IT' IN UCD, SO YOU DON'T GET RIPPED OFF. WE WANT YOU TO EXCEL IN ALL ASPECTS OF LIFE, NOT JUST IN YOUR GRADES.

ABOUT US



These booklets were written, designed and published by UCD Students' Union. We are Your Students' Union.

Each year we receive €28 per each member from the Government. We were founded to fight for a fair and affordable education system and to make that system accountable to students. This means students have a say on course content, exam regulations, disciplinary regulations and how the University spends its money. It also means fighting for a university that is accessible for all regardless of background as well as standing up for the rights of students when they are here. Therefore, we campaign for things like access to abortion, immigration status and marriage equality.

We made these guides to 'Winging it' in UCD, so you don't get ripped off. We want you to excel in all aspects of life, not just in your grades. We're fighting historic cuts to education that have made this place so expensive. But in the meantime, read this to avoid losing an arm and a leg - to a university that's being run more and more like a soulless corporation.

BIOS

Ruairí Power President

ruairi.power@ucdsu.ie

Twitter: [@RuairiPowerIRL](https://twitter.com/RuairiPowerIRL)

Howdy, my name is Ruairí and I'm your Students' Union President. I'm a psychology undergrad student from Clarecastle in Co. Clare.

I got involved in the Students' Union for the first time in 2020 during the protests against rent increases on campus. I was the Welfare Officer for the last year and am pure buzzed to be sticking around for another as President. My main focus for the year is working to tackle the rampant commercialisation of the higher education sector so we can create a more accessible, affordable and welcoming UCD.

If there's something you would like the SU to work on this year, we'd love to hear from you. Give me a shout at Ruairi.Power@ucdsu.ie



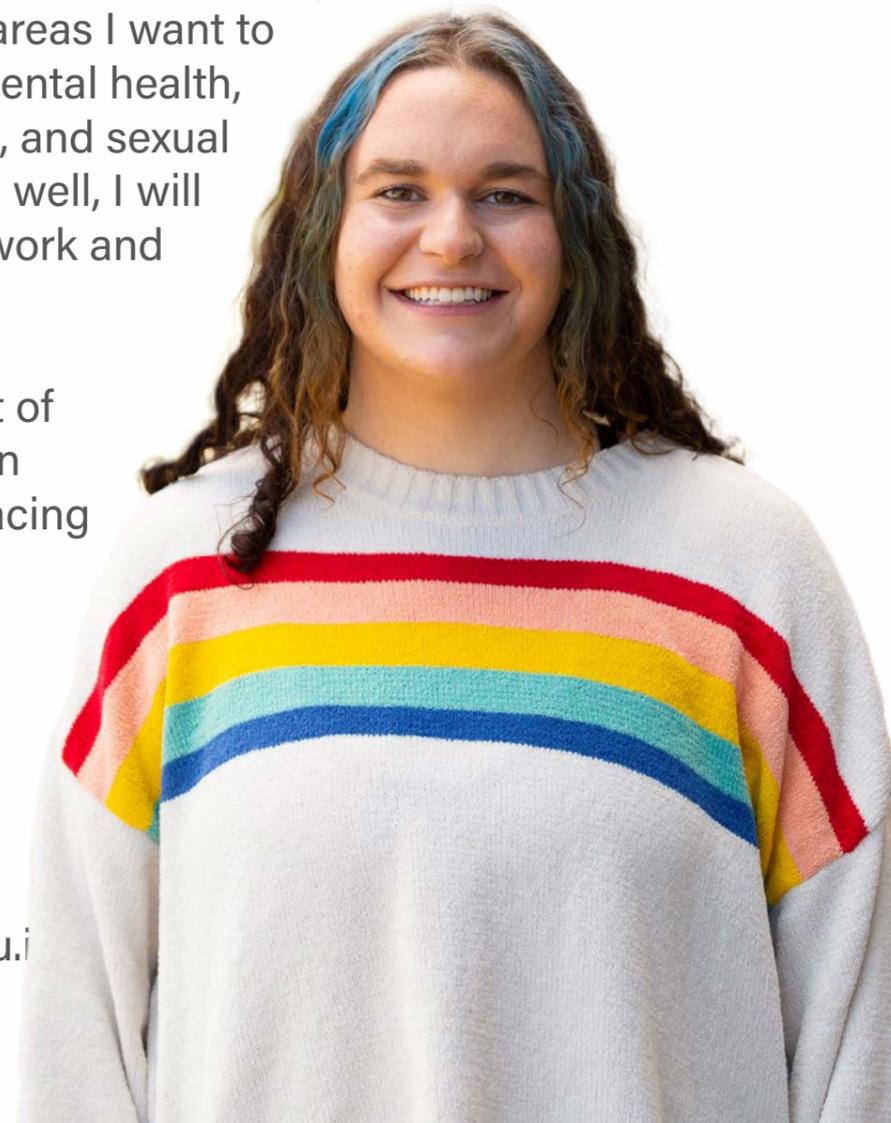
Molly Greenough Welfare Officer

molly.greenough@ucdsu.ie

Hey there, my name is Molly Greenough and I'm your Welfare Officer! I'm 22 years old and originally from Boston, Massachusetts. I've spent the past four years in Dublin and just finished up my final year of Law with Social Justice.

The SU has been a constant fixture in my life during my time in UCD, sparking my passion for student representation and activism. The four main areas I want to focus on this year are: mental health, housing, harm reduction, and sexual health and wellbeing. As well, I will dedicate myself to casework and being an approachable, compassionate, and an understanding first point of contact for any student in need— whether you're facing mental health, financial, physical or sexual health difficulties.

Please get in touch with any issues, we're all here to support you! You can find me at [Molly.Greenough@ucdsu.i](mailto:Molly.Greenough@ucdsu.ie)



Carla Gummerson Graduate Officer

carla.gummerson@ucdsu.ie

Hi everyone,

My name is Carla Gummerson, I am 33 and I am from Wicklow. I have a bachelor's in social science and a master's degree in public policy. I was the Auditor of the Mature Student Society for two years, during which I had the ability to gain great skills but most importantly I made some great friends. For the past year I have been your Graduate Officer and I am very thankful to have another year of helping and supporting UCD students.

I will be putting on events for postgraduate students, support them with various academic issues, and I will be providing a PhD Conference Fund. I am very excited about the year ahead. I cannot wait to reach out to students to guide and empower them during the year. If you ever need support or would like to see your graduate officer doing something specific like an event or campaign, please reach out by email.



Sarah Michalek Entertainments Officer

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[Instagram: @the_entstagram](https://www.instagram.com/the_entstagram)

Hey everyone! I'm Sarah and I'm your Entertainments or Ents Officer. It'll be my aim to bring back the craic on campus (as restrictions on in-person activities ease!), with lots of acts, workshops, nights out and plenty of events. Charities will be another big focus.

This year we will be supporting Empower the Family through the volunteer programme we set up with them last year and through fundraising. If you're interested in getting involved in Ents (being at the heart of helping with events!) or want to know more about it, don't hesitate to pop me an email at sarah.michalek@ucdsu.ie or send me a DM on Instagram [@the_entstagram!](https://www.instagram.com/the_entstagram)



Darryl Horan
Campaigns and Engagement Officer

darryl.horan@ucdsu.ie

Hi All, I'm Darryl Horan and I'm your Campaigns & Engagement Officer. A bit about myself, I'm 23, from Laois and just finished up a Masters in Global History.

I'd be no stranger to campaigning, I've been involved in anything from take back the city, the climate strike protests of 2020 and more recently anti-racism initiatives like Unite Against Racism and Le Chéile.

As your Campaigns officer I want to help rebuild student activism. This will mean getting back out to students and running on-the-ground campaigns. Let's build student power!

You can contact me at Darryl.Horan@ucdsu.ie



Aoife Bracken
Education Officer

aoife.bracken@ucdsu.ie

My name is Aoife Bracken and I am your Education Officer. I completed my undergraduate in Politics and International Relations this year. During my time in UCD I've been a Class Rep, an OCM and Auditor of the Politics and International Relations Society, and I've been a volunteer with UCD Volunteers Overseas. I was also lucky enough to get through half of my Erasmus+ year in Cologne, Germany before COVID-19 pushed everything online.

As your Education Officer I will be a helping hand for students who need advice and assistance on academic issues. You can find me at Aoife.Bracken@ucdsu.ie



A NOTE FROM YOUR WELFARE OFFICER



As your Welfare Officer, I'm here to support your physical, mental, emotional and sexual health. I can also provide advice, support and information on a range of topics— from accommodation advice, a counselling referral, financial support, information on unplanned pregnancies, and more.

Plus, I'm mandated to supply you with FREE(!!!) condoms, lube, pregnancy tests, and menstrual products, so be sure to take advantage of that!

Hold on to this booklet over the course of the year, you never know when the information might come in handy—for you or a friend. UCD is a big place, and it's sometimes easy to feel like a little fish in a big pond, but you are never alone. You don't have to carry the weight of the world on your shoulders; I'll help lighten the load.

So, whether you're in crisis or looking for a chat over a cup of tea, don't hesitate to reach out. Whatever this year brings, please know that I'm here to support you and will always be fighting in your corner.

Molly Greenough

REMEMBER TO BE KIND TO YOURSELF

Molly Greenough
Welfare Officer

welfare@ucdsu.ie

College is an incredibly exciting time— learning the ropes of your course, nights out, making new friends, sex, LOADS of societies and clubs to get involved with (and a union...*cough cough* run for class rep), and for many, the first opportunity to live away from home. Look, you're at college to get a degree; so absolutely try your best and know that there are so many academic supports available to you—from our own fabulous Education Officer Aoife and the UCD Access and Lifelong Learning Centre, to the Writing and Maths Support Centres and the Student Adviser team.

And it's equally important to enjoy yourself— do fun stuff with pals, find out what you're passionate about, make some memories that won't be shared at Sunday dinner with the fam. Molly can provide you with condoms, lube, pregnancy tests and a variety of information on STIs, safe drug use, consent and more to safely facilitate those shenanigans.

But between the work and play, don't forget to be kind to yourself and your mind. There are a variety of supports available to you— between your Students' Union, Student Advisers, Niteline, Counselling Service, and Chaplaincy team. UCD is a big place, but we hope that you never feel alone.

“University College Dublin has six core values driving our culture: Excellence; Integrity; Collegiality; Engagement; Diversity and Creativity. In line with these values, our University is committed to providing an environment in which all members of our community should expect to be able to thrive and to be respected and valued for their unique perspectives and contributions so that they can achieve their fullest potential. Moreover, we are committed to the promotion of a culture for work and study which upholds the dignity and respect of the individual and which supports the individual's right to study and/or work in an environment which is free from discrimination. This includes any form of bullying, sexual harassment or other forms of harassment. All members of the University Community are expected to work to develop and maintain a high degree of respect and to participate in creating a positive environment.”

Now that you're a UCD student, the principles of the Dignity & Respect Policy underpin the entirety of your university experience— from your lecture halls and class Facebook pages, to society trips away and sporting events. It's simple—you represent UCD, so be sound and treat each other with kindness, compassion and respect. There's zero tolerance for bullying, harassment and sexual harassment, with various informal and formal complaint mechanisms.

Scan the QR code to learn more about the anonymous 'Report and Support' tool, the Dignity & Respect Complaint Process, and information for making a formal complaint.



DIGNITY & RESPECT

YOUR SEXUAL HEALTH

GETTIN'
YOUR BITS
CHECKED

If you're having sex, you should be taking advantage of the free condoms and dental dams that you can get from SU reception, or posted directly to your house from Molly. You should also aim for regular STI checks to prevent transmitting STIs to your partner(s).

Remember: when you have unprotected sex with someone, you are essentially having sex with everyone they have had sex with, and with everyone they have had sex with, and so on.

When it comes to STI checks,
here's some places around Dublin
that do them for free:

HIV Ireland

70 Eccles Street, Dublin 7

Walk-in clinic 2nd and 4th Weds of every month 13:00 - 15:30

t/ 01 873 3799

St James' Hospital, GUIDE Clinic

James' Street, Dublin 8

Walk-in clinics Mon, Tues, and Thurs

Tickets allocated at 8am t/ 01 416 2315

Beaumont Hospital, Department of Infectious Diseases

Beaumont, Dublin 9 Walk-in clinic Thurs from 10:00 - 12:00 (HIV

STI Testing in UCD

STI tests are available on campus in the Student Health Service which is located in the Old Student Centre, above the SU offices.

Doctor led clinics for those presenting symptoms cost €60. Nurse led clinics cost €40 for a general screening. Their number is 01 716 3134.

RAPID HIV TESTING

PantiBar

7-8 Capel Street,
Dublin 1

Saturday & Sunday
15:30 - 17:30

The George Bar

89 South Great George's
Street, Dublin 2

Tuesdays 20:00 - 22:00

Outhouse

105 Capel Street, Dublin

1 Wednesdays 18:00 -
20:00

The Boilerhouse

12 Crane Lane,
Temple Bar, Dublin 2

Saturdays 17:00 - 19:00

For more info,
get in touch with
HIV Ireland on

01 873 3799

ACCESS TO ABORTION

The Health (Regulation of Termination of Pregnancy) Act 2018 defines the circumstances and processes within which abortion may be legally performed in Ireland. The act came into force on January 1st, 2019 after the Irish public voted to repeal the 8th Amendment in a historic referendum in 2018, allowing for abortion access in the Republic of Ireland.

An abortion is the medical process of terminating a pregnancy. The pregnancy ends either by taking medication or having a minor surgical procedure.

Abortions are available free of cost through the HSE if you live in the Republic of Ireland. If you live outside of the ROI, you can have an abortion in the Republic of Ireland, but you will have to pay for it.

You can have an abortion if your pregnancy is no more than 12 weeks, this means 84 days since the first day of your last period. A GP or doctor must certify that you are no more than 12 weeks pregnant, this must be at a consultation at least 3 days before having the abortion. My Options (HSE unplanned pregnancy support and helpline) will tell you what doctors near you provide abortion services. After 12 weeks, you can only have an abortion in certain circumstances. Getting support early on will allow you more time to make a decision about procuring an abortion.

If you are under 18 years of age, you are encouraged to involve your parents or a supportive adult with you during this time for support. If you are 16 or 17 years of age you can still be offered an abortion, but only if the doctor is confident that you understand the information given to you and they have your consent. Your parents do not need to be told about your abortion if you are 16 or 17, but your

GP might have to report your details to TUSLA - The Child and Family Agency if they believe that your safety is at risk.

My Options provide free and confidential advice on your options. Information and counselling are also given Monday to Friday from 9:00 to 21:00 and from 10:00 to 14:00 on Saturdays. You can get in touch with them for free at 1800 828 010 and at +353 1 687 7044 from outside of the Republic of Ireland.

WHO TO CONTACT FOR AN ABORTION?

To get an abortion you should contact My Options on 1800 828 010 and they will tell you where your nearest abortion service provider may be. This could be a hospital, GP surgery, family planning clinic, or a women's health clinic. You are typically permitted to bring along a friend or family member for support to any appointments, but this may be subject to change due to COVID-19.

Should you need to have an abortion in a hospital, your GP will refer you. This may be because you are more than 9 weeks pregnant, have any ongoing medical conditions or health-related illness, or you have become pregnant despite using an intrauterine device (IUD) – a form of contraception. Doctors and GPs have the right to a conscientious objection, and they do not have to provide abortion services if they do not want to. If this is the case with your own doctor or GP, they should refer you to someone else who will provide the service for you. The main thing to remember is that you have a lot of options, choice, and support.

WE'RE HERE TO HELP

For more information on your options or a friendly chat, your Welfare Officer, Molly, is here to guide you to the professional services you may need. Call 01 716 3112, email welfare@ucdsu.ie, or make an appointment online. The UCD Health Centre are also available to be contacted for information or appointments. With a team of Nurses, GPs, and Counsellors, they are located on the first floor of the Old Student Centre (above the SU Corridor) and are open from 9:00 - 12:30 & 14:00 - 16:00, Monday to Friday.

ABORTIONS AFTER 12 WEEKS?

After 12 weeks, you can only have an abortion in the Republic of Ireland if: 1) there's a risk to your life or serious harm to your health; or 2) the foetus has a developmental problem and is likely to die before or within 28 days of birth. In these circumstances, a surgical abortion is performed. However, you have the right to travel to a jurisdiction that performs abortions after 12 weeks. Most abortions in England, Wales and Scotland are carried out before 24 weeks of pregnancy. You can contact Molly or visit

<https://www.nhs.uk/conditions/abortion/> for more information.

CONSENT

IS EVERY-

THING

CONSENT IS EVERYTHING

You've both been shifting for the past hour in the club, your jaw is sore and now you're awkwardly waiting for a taxi in the freezing cold. You're going to the after party at their house, and neither of you are sure of what's going to happen. Are we a thing? Why do we always end up together? Do I even like them, or am I just hungry?

When having sex, consent is an agreement between all parties that they definitely want to do any or all sexual acts. Everyone needs to fully and clearly agree to it and their consent must be continuous for the duration of sex. Consent is needed for all types of sexual act and it should be given freely, consciously, and enthusiastically without any manipulation, convincing, or threats. If consent is not expressed, then this is not sex - it is assault.

Consent is communication - get yourselves on the same page. Have the confidence in yourself and the respect for your partner to ask the questions: "Are we riding tonight? Do you want to have sex when we go home? Do your friends know where you are? Is this ok for you? Do you have a condom?" Wouldn't you rather have an awkward moment than take advantage of someone without knowing it?

Consent is key for all of your sexual endeavours, but don't coerce, manipulate, or place any sort of pressure on your partner. You don't have consent when they agree to have sex after you pestered them for 30 minutes and they begrudgingly agreed so you'd shut the f*ck up. If they say no, shrug their shoulders, smile—leave it for the evening and don't ask again. If you get a resounding 'YES' to your question... happy days! Sometimes, people comply when having sex. This is when a person puts pressure on themselves to do something that they may not be comfortable with; although this pressure comes from within, this may be a sort of violation.

Remember, just because someone consents to kissing, doing bits, or even taking off all of their clothes does not mean they consent to having sex. Verbal communication is fundamentally intertwined with consent, so keep checking in.

Taking your partner seriously when they ask can put you both at ease and means nobody is just going along with things despite having reservations. The right person isn't going to be offended and isn't going to walk away if you say no. And remember, under Irish law you can't give consent when you're under the influence of drugs or alcohol. So, if you're heading home together after hitting the nightclub hard and the cans even harder, stick to some cuddles for the evening and wait until you sober up to get the ride. It'll be great for the hangover, too.

When you get home be safe, be sure to use protection and keep checking in to see if everything is ok with the other person. Consent can be given, retracted and is never presumed. "Does that feel good? Do you like that? Do you want to keep going? Are you doing okay?" There are loads of ways

YOU'RE
NOT A
COCKBLOCK...

YOU'RE
A GOOD
FRIEND

It's not all about avoiding being the bad person. If you see your friend falling into a taxi with someone else, why not check in with them to see if they're okay with what's happening? Do they know what's going on, or do you need to make sure they go back to their own place?

You know them best, and you know when they're 'fine,' even if the creep trying to take them back to theirs insists otherwise. It's a chance to use your cockblocking powers for good instead of evil.

It is important to remember that even if you consent to a sexual act, you are absolutely free to change your mind before the act begins, or at any time before it ends. Consent cannot be given if any party is forced or manipulated to do so, they are asleep or unconscious, they are under the influence of alcohol or drugs, or if someone else consented on their behalf.

We'd like to encourage all students to complete UCD's 'Bystander Intervention' training course on Brightspace to learn about your role in preventing sexual assault. This short course focuses on how to help when someone is at risk and aims to educate individuals about consent. If we learn to call out sexual misconduct when we see it, we can make UCD a safer place for all! Additionally, please make sure to keep an eye out for Active* Consent workshops across campus.

Take the time to check out these two incredibly informative videos on consent. Seriously, you're an adult now; make sure you act like one.

YouTube search:

1. Tea consent
2. Cycling through consent

BEING IN LUUURVE

Relationships can be exciting, and getting to know someone new can make you see them in a positive light - however - this may prevent you from seeing or feeling some things that aren't normal in a new partner...

Knowing the signs of abusive behaviour, even in a new relationship, can help you identify it and get help early if you need it.

SPOTTING THE RED FLAGS

Time

Spending a lot of time together is quite natural at the beginning of a new relationship, but if your partner is consistently calling or messaging you when you aren't together and you find it difficult to have time on your own, this could be a sign of controlling behaviour.

Jealousy

Jealousy and possessiveness can be mistaken for love and adoration in the beginning of a new relationship. However, becoming excessively jealous over the people you talk to, hang out with or socialise with online may indicate some controlling behaviour.

Behavioural Extremes

Some extreme behaviours in a partner can include being hot and cold towards you in a short period of time, and having an extreme reaction to minor things for no particular reason.

Attitudes

Everyone has their own views on how they think people, especially their partners, should behave, but no one should force you to believe something that you don't - in public or private.

Isolation

If your partner makes it difficult for you to keep in touch with family or friends or criticises your relationships with them, they may be trying to control these relationships in your life.

Aggression

If you notice any aggression or critique towards others from your partner, that in turn could result in them acting aggressively towards you, forcing you to do things that you aren't comfortable with. If you notice any or all of these signs at any stage of a relationship, don't feel scared to reach out for help.

If you are under 18 you can contact
Childline at 1800 66 66 66 or freetext
50101.

Women's Aid - 24hr National
Freephone Helpline: 1800 341 900.

Aoibhneas Women's Refuge - Helpline,
Refuge, Advocacy, Counselling, Ac-
companiment, Support, and Advice 01
867 0701.

AnyMan - Confidential Support
Service Helpline 01 554 3811.

REPORTING A SEXUAL ASSAULT

YOU ARE NOT ALONE

Students experience a high rate of sexual assault and harassment relative to the general population. We're an at-risk demographic and we need to be informed on the steps necessary to report a sexual assault. So, we've asked the Dublin Rape Crisis Centre (DRCC) for their advice.

If you're a survivor, then please know that the National 24-Hour Helpline is 1800 77 88 88, the textservice is available 8am-6.30pm, Mon-Fri on 086823 8443 and that your Students' Union is here for you.

UCD's 'Anonymous Reporting Tool'

Additionally, we have provided the UCD's 'Anonymous Reporting Tool', where you can report incidences of sexual harassment and assault. The benefit of this tool is the ability to remain anonymous while reporting such incidents; this data can then inform UCD's approach to raising awareness of the university's Dignity and Respect Policy, and its efforts to eliminate sexual harassment and assault.

<https://reportandsupport.ucd.ie/report/report-anonymously>

CONTACTING THE GARDAÍ

If you decide to report a sexual assault to the Gardaí, it is important that you report as soon as possible so that all available evidence can be collected. The Gardaí can be contacted day or night on their emergency number 999 or 112. Alternatively, you can contact them in person at a local Garda station. The nearest Garda Station to UCD is Donnybrook Garda Station.

The criminal legal process begins once a crime is reported to the Gardaí. They will arrange to have a statement taken in which they will require you to go into as much detail as possible. It is important to remember that you will be talking about a very personal, distressing incident in your life so it's natural to feel embarrassed and/or get upset during the statement.

You can ask for a break if you need to and you are allowed to bring a representative DRCC Rape Crisis Centres, such as the DRCC provide support services to victims of sexual violence, regardless of whether they report it to the Gardaí. Their services include the provision of information, counselling and accompaniment service from the DRCC with you for emotional support. In some cases, it may not be possible to take a full statement immediately as the Gardaí may need to arrange for the forensic medical examination (FME) in a Sexual Assault Treatment Unit (SATU).

SATU

Sexual Assault Treatment Units are specialised units, located throughout the country, where a Forensic Medical Examination (FME) is carried out. SATU services respond to requests day or night from the Gardaí for the collection of forensic evidence to aid the legal process, and it is important that the FME is performed as soon as possible after a sexual assault. After a lapse of seven days, little if any forensic evidence can be gathered.

The Dublin Sexual Assault Treatment Unit (SATU) is in the Rotunda Hospital and is available 24 hours a day, 365 days a year. One of the Gardaí who will accompany you to the SATU, will also be present during the FME. The SATU clinical examiner will ask some general health questions as well as specific questions relating to what happened. The SATU staff appreciates how difficult it is to repeat details that may have already been given to Gardaí, but it is important that the exact nature of the incident is known to ensure that the appropriate physical checks can be done, and the relevant forensic samples can be taken. **This Unit can be contacted at 01 817 1736 9:00 - 16:30 on Weekdays and at 01 817 1700 outside of those hours.**

EMERGENCY CONTRACEPTION

Emergency Contraception and medication to reduce the possibility of developing sexually transmitted infection (STIs) is given. Psychological support workers from the Dublin Rape Crisis Centre are also at hand when a caller is brought to SATU by the Gardaí. They will usually meet with them before and after the examination. You may attend SATU without any Garda involvement and have forensic samples taken and retained while you consider whether to report your sexual assault to An Garda Síochána. The sample will be retained for a minimum of a year.

DPP

The Office of the Director of Public Prosecutions is an independent body in charge of prosecuting criminal cases in Ireland. Once the DPP receive an investigation file from the Gardaí they begin their process of deciding, based on the evidence presented, whether to charge a person with a criminal offense, what the charges will be, and in which court the case will be heard.

WHAT HAPPENS AFTER I REPORT?

Once a sexual assault is reported, the Gardaí in the station nearest to location the assault took place will start an investigation. They will take statements from witnesses (where applicable). If you name the perpetrator in your statement, the Gardaí will question that person. This means that they will be brought to the Garda Station during which time the Gardaí will put questions to that person(s) about the incident.

The investigative process takes time; there can be periods of regular contact and activity, interspersed with times when it feels like nothing is happening at all. The best way to deal with this time, which can last months or even years, is to follow the judicial process and seek the supports you may need in this difficult period.

MANAGING A PREGNANCY

No method of contraception is 100% effective, despite some great options: the pill, the bar, the injection and the free SU condoms. If you think that you could be pregnant, you have missed your period or are just concerned, don't delay in speaking to a doctor. Pregnancy tests typically test your urine for a specific hormone called human chorionic gonadotropin (HCG). This hormone is only present if you are pregnant; it is only released in the body if a fertilized egg attaches outside the uterus to your uterine lining.

Pregnancy tests are available for free from your Students' Union and the Welfare Officer is available to guide you through the process. An unplanned pregnancy can present a lot of tough questions, so we've put together a list of resources to help you in becoming as informed as possible when making any decisions concerning your pregnancy.

SUPPORTS

If you have decided to continue with your pregnancy, you should take support from those who are closest to you. Reach out to friends and family and take time to consider the practical aspects of your life. If you have a job, you may have to consider how long you can continue to work whilst pregnant, and how long you can continue to study in University. Thousands of pregnant people manage to complete their degrees every year, you just need to be practical and work with your school to discuss time off, exams and reaching deadlines. Your Welfare Officer, Molly, can help provide info on financial assistance and social welfare entitlements. There is also a creche on campus which can be contacted at oakmountcreche@gmail.com.

ADOPTION

If you have decided to continue with your pregnancy but are considering adoption, you should get professional support as early as possible. If you decide to go through with the formal process of adoption, you will need to be appointed an adoption social worker through TUSLA who will guide you through the process. Your social worker will ensure that you are making the choice to have your baby adopted without any other influence. More info here - www.tusla.ie

You will be supported through the process of matching your baby with an adoptive family and through continued support until the adoption order is made by the Adoption Authority of Ireland. The Adoption Authority Duty can be contacted Monday to Friday from 10:00 - 13:00 on 01 230 9306. Here2Help are a registered adoption agency in Dublin who will help you connect with TUSLA and aid you in getting the support of a dedicated social worker. They provide full adoption services to anyone who wants to explore this option. You can get them on 1850 67 33 33 or info@here2help.ie

KEEPING AN EYE ON YOUR MATES & MENTAL HEALTH

Having crazy nights out and stumbling home every morning sounds like great craic and all, but college can also be a really shit time. People everywhere are struggling to pay their rent, barely finishing assignments, and at the same time adapting to a life away from home. It can be very hard at times to tell who's really struggling because we're all fairly good at hiding our troubles. Alongside Pieta House, we've combined a guide on how to identify some of the signs that someone you know might be feeling down or even suicidal.

SIGNS TO LOOK OUT FOR

Sleep disturbance: Has the person's sleeping pattern changed a lot recently? Are they spending a lot more time sleeping than normal or are they getting enough hours of sleep at all?

Isolation: Is the person spending more time on their own than normal? Have they lost touch with old friends or family members?
Giving away possessions: Have they been giving away their belongings?

No interest in anything: Have they stopped doing the things that they once loved? Have they left their sports team or are they dropping classes?

Speaking of no future: Have they started to speak as though they've lost hope? Have they mentioned suicide? It can be very frightening to discover that someone you know is considering suicide. If this is the case, you must remember that you are not powerless. There are a lot of things that you can do to help.

WHAT YOU CAN DO

Ask them how they're doing:

Don't be afraid to be direct; ask if they are considering suicide. This may seem worrying, but simply asking the question won't put the idea into someone's head. Suicidal thoughts usually develop over a long time and follow some challenging life events. By asking someone if they're suicidal, you're acknowledging that they're struggling and giving them a chance to talk about it. If they say yes, then don't panic; the best thing you can do for that person is listen and support them.

Listen without judgement:

Give them the space to explain how they're feeling; don't try to change how they're feeling or tell them they're wrong for how they feel. By listening without judgement - you are showing that you respect them and their situation, and that you are there for them.

Take them seriously:

It can be upsetting to hear that someone is feeling suicidal, you might prefer to think that they're exaggerating or looking for attention. It is extremely important to believe what they are saying and acknowledge that they may need some help.

Get help:

You are not the only person there to support your friend or loved one. You can contact your own friends, peers, or college representatives to help you in this situation. Pieta House can be contacted for free on 1800 247 247 or at www.pieta.ie/contact-us

LOOK AFTER YOURSELF

Looking after someone who is experiencing a mental health crisis can be stressful and frightening. Below we have compiled some tips to stop yourself from becoming drained and exhausted.

Talk to someone:

To help mind someone else, you need to look after your own mental health. Make sure you can talk to someone you trust about your own feelings.

Take a break:

It can be hard to focus on yourself when a friend is going through a tough time, but you can be a better friend if you make sure to take some time for yourself to relax and spend time on things that you enjoy.

Know your limits:

Be aware of how much you can take on when you are supporting someone you care about. Try not to take on all the responsibility for providing them with care.

EATING DISORDERS AND LOOKING OUT FOR LOVED ONES

The term eating disorder is applied to a wide range of disordered eating habits and we have outlined three of the most common eating disorders along with how you can get support for them. You're not in this alone, please reach out to someone you trust for support when you feel ready. Bodywhys has great resources for people struggling with eating disorders, and they also offer support and advice to their loved ones.

ANOREXIA

Anorexia is an eating disorder and a serious mental health condition. People with anorexia limit their food intake or exercise excessively in order to keep their weight as low as possible. Some warning signs include skipping meals, avoiding eating with other people and dramatic weight loss. Some people may develop anxiety or depression due to low self-esteem and body image, or some more serious physical problems may arise such as osteoporosis, cessation of menstrual periods or even infertility.

BINGE EATING DISORDER

This type of eating disorder involves regularly eating large portions of food all at once, until you feel uncomfortably full. This is often followed by feelings of extreme upset or guilt. Symptoms may include eating very fast during a binge, eating when you're not hungry, or feeling ashamed or disgusted after binge eating.

BULIMIA

Like anorexia, bulimia is a mental health condition. The main signs of bulimia are eating a large amount of food over a very short period and then ridding your body of the food by taking laxatives or diuretics, excessive exercising, or not hungry or making yourself vomit.

Possible complications caused by this disorder include dental problems, dry skin and hair and swollen glands.

If you think you have an eating disorder, talk to your GP. It can be very hard to admit you have a problem and reach out for help. It may be easier to take a trusted friend or family member with you to your appointments for moral support. Remember that recovery is not linear, and just because someone doesn't fit in with one particular category of eating disorder, doesn't mean that they can't fluctuate between the three types mentioned above.

If you or someone you care about is suffering from any of these disorders you can learn more online at bodywhys.ie, call the helpline **1890 200 444** or get in contact by email at alex@bodywhys.ie.

Bodywhys is a national voluntary organisation that provides support groups in Dublin City Centre for those affected by eating disorders, as well as groups for friends and family members who may be in need of support. The groups are facilitated by trained volunteers and are free to attend. More details on supporting someone can be found on www.bodywhys.ie.

WHERE TO GO AND WHO TO TALK TO

UCD STUDENT HEALTH SERVICES

You'll find them upstairs in the Old Student Centre, just above SU offices. Ring them on 01 716 3134 to make an appointment, walk-ins are not accepted at this point in time, due to COVID-19. Before you book an appointment, make sure that all your details on SisWeb are correct.

Unfortunately, they do not accept medical cards. Here's a rough snapshot of their prices (subject to change, so keep an eye on their website):

Doctor:

- Telephone Consultation / €25
- Additional (in person) clinical work / €10
- Review (within 1 week for same condition) / €15
- Additional charges may apply for further tests

Nurse:

- Telephone Consultation / €15
- Additional (in person) clinical work / €15
- Blood Test / €10

Psychiatrist Consultation (GP referral required):

- First Consultation / €40
- Review Consultation / €30

UCD COUNSELLING SERVICE

The counselling service is free and confidential. Appointments are in high demand and there is usually a waiting list of 2-3 weeks. For students in crisis, an appointment will be offered on the day where possible. During busy periods, UCD Counselling Service works in partnership with off-campus counselling services that neighbour UCD to meet the level of demand; you'll receive 'vouchers' to attend sessions with an external provider. It's recommended to register for the counselling

You'll receive an offer of either on campus or off campus counselling within 3 weeks of your registration. Make sure to respond to your offer via email... if the counselling service don't hear from you, they'll assume that you aren't interested anymore and close your registration. Molly is happy to walk you through the process, answer any questions, and offer support & mental health resources to you.

LOCAL A&E

St Vincent's University Hospital

Minor to life threatening injuries treated here. Public A&E 24/7, 365 days a year.

Royal Eye and Ear A&E

Provides emergency care for Eye, Ear, Nose, Mouth, Head and Neck emergencies. Open 08:00-20:00 for eye emergencies, seven days a week, and 09:00-16:00 Monday-Friday for Ear, Nose, Throat, Head and Neck emergencies.

St. Michael's Dun Laoghaire

Seven days a week. 08:00-20:00.

VHI Swiftcare Clinic

Dundrum Treats minor illnesses and injuries for VHI healthcare members.

Open 08:00-22:00.

OUT OF HOURS

DubDoc GP Out of Hours Service (01) 454 5607

East Doc Mon-Fri 6pm- 10pm,
Sat-Sun 10am-6pm (01) 221
4021

Save €100 - if possible, try to contact your GP before attending an A&E Department and get a referral. If you attend A&E without a GP referral, you will need to pay a €100 government levy for use of the service.

DOCTORS NEARBY

115 Medical

115 Morehampton Road
01 269 3347 or request an ap-
pointment online

Goatstown Medical Centre

6 Drummartin Terrace,
Goatstown Cross
01 298 4613 or 01 298 4613

DRUGS

While abstinence-only sex education may result in babies, abstinence-only drug education can lead to overdoses and death. Since we're not your mam or dad, we've decided to provide you with the low-down on various popular drugs and, if you choose to take them, how to do so safely.

Remember, it's always safest to not take drugs, for both your physical and mental health. As well, they are highly (pun-intended) illegal and can get you in to serious trouble with the Gardaí.

Drug use is inherently dangerous; we know you know that, and we certainly know your parents have been preaching that to you since you could walk. However, it comes as no surprise to anyone that students in college experiment with drugs. Whether it's smoking joints out the windows of Res or sniffing lines in the nightclub bathrooms, there's no point in pretending it doesn't happen. Your Union is mandated to adopt a harm reduction stance and raise awareness about safe drug use.

If you're seeking support, reach out to Molly or phone the HSE Drug and Alcohol Helpline: 1800 459 459. In an emergency, such as a suspected overdose, ring emergency services immediately. You won't get in trouble, so be sound & you could save someone's life.

START LOW, GO SLOW

Whenever you take drugs, it's important to start low and go slow. You can always re-dose later in the night, but you can never take less. This is especially important in the context of the COVID-19 pandemic; if you haven't taken drugs over the course of the pandemic, or less frequently than you might have previously, your tolerance is going to be at an all-time low. Don't risk an overdose or potential death for the session.

Students for Sensible Students for Sensible Drug Policy is a student-led organization that advocates for an end to the war on drugs, neither condoning nor condemning drug use, but accepting that it happens. They advocate for policies that protect the rights and health of people who use drugs through work both on and off campus. Interested in getting involved? Email: dublin@chapters.ssdp.org for more info.

SSDP

WEED, HASH, GRASS

CANNABIS, GREEN,

The infamous plant with the deliciously-skunky scent that has got many of us in trouble with our parents. While it is by far the most commonly used and statistically the safest illegal psychoactive substance, it is important to remember that it's not without its risks—whether it's a Garda catching you red-handed smoking a joint, suffering an injury from smoking too much or the potential risk of psychosis from prolonged use. The release of THC makes the user feel relaxed with heightened sensitivity and mild hallucinogenic effects. When smoking, be aware of your setting, know your limits and how it affects you. When you can, opt to smoke with a bong or pipe, or roll a blunt if you're feeling spicy, to avoid the harmful effects of tobacco.

Never, ever drive while stoned! It's very dangerous and even if you think you're a better driver, remember that your reaction time is slower and concentrating is a lot harder. Deliveroo yourself some munchies and chill out instead! Insider tip: don't carry loads of weed with you when you're off on your doob-smoking adventures... if you're a first-time offender and the guards catch you with a quantity *SMALL* of cannabis for personal use (think a joint or 2 max), you may be dealt with under the adult caution system rather than the traditional criminal system. Always err on the side of caution, though. Gardaí have absolute discretion and you could get caught by a guard in a foul humour.



MDMA, ECSTASY, YOKES, MOLLY

Taken as powder or tablet, many students discover this drug during their college years. It is associated with an uplift in mood that comes from stimulated serotonin receptors in your brain, as well as increased energy and mild hallucinations in high doses. It's easy to spot someone that's taking yokes by their wildly-swinging jaw and massive pupils. However, the comedown which comes with fatigue, agitation and poor mood is not always considered when popping pills.

Heavy repeated use can lead to depression, anxiety and damage to your serotonin receptors. Start with half, drink plenty of water and don't mix with alcohol. Remember you can always re-dose and take more, but you can't take less once you've already taken it. While you may be thirsty, be careful to not drink too much water; stick to ½ a pint to a pint of water an hour. Too much water will dilute the electrolytes in your blood and could even be fatal.

AMPHETAMINES, SPEED, METH

While speed and meth are of similar compositions, speed is often used more recreationally than meth. Both will provide you with the same result, keeping you awake and energised for a long period of time. Both have similar composition to the ADHD treatment drug, Adderall, which is used widely as a study drug. Speed is often cut with meth; both are addictive to similar degrees and will make you feel pretty terrible the day after using. Bad shout.

As with all stimulants, make sure to stay hydrated and sip on pints of water every hour to prevent yourself from overheating.

LSD, ACID, TABS, STAMPS

LSD is generally approached for the first time with caution and is not associated with recreational or social use as much as other substances. It's famous for its use in art, with entrepreneurs like Steve Jobs citing it as a source of creativity. The intense nature of the trip can last up to 18 hours and it's important to ensure that you are mentally prepared to commit to the experience. While the mental stimulation and hallucinations can make it a wonderful experience for many, the risks associated with LSD are heightened when used in a setting that is unsuitable or uncomfortable. A trip sitter is recommended for first time users to calm you down and reassure you that all is well in case you start to experience a bad trip.



KETAMINE, KET, K, HORSE

Famous for its use as a horse tranquilizer, it is a potent dissociative which can lead to a light, carefree feeling. It can have an amusing visual and audible effect on your perception. It can cause music to sound slightly different and can also make it difficult to walk and talk, in high doses.

However, large doses carry the risk of falling into the 'K-Hole' where a user loses touch with reality. Long term, it can cause serious damage to the kidneys and combining with alcohol can lead to physical injury as a result of the perceptual impairment.

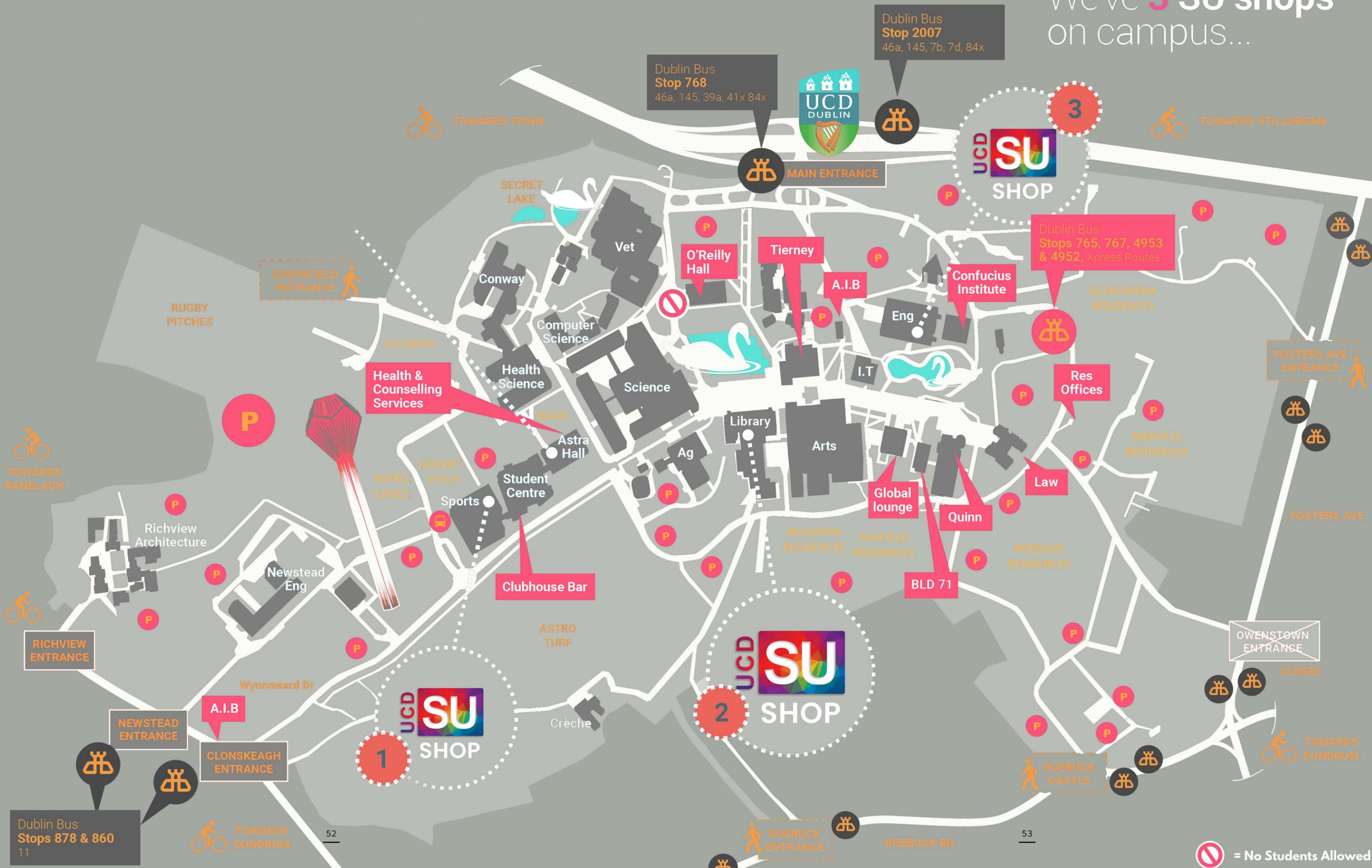
COCAINE, COKE, SNOW, BLOW

Coke, the drug made famous by Columbian drug lord Pablo Escobar, was popularised by early disco clubs in the USA. Providing a burst in energy and confidence, it often leads to users burning the ear off their mates stuck beside them at a house party. This lift in confidence, coupled with its short high, leads to repeated re-dosing throughout the night. This can result in excessive consumption that is linked to heart problems and a high risk of addiction, as well as a nasty comedown the next day. Always stay hydrated, take bumps rather than lines and be aware of your usage especially when mixing with alcohol.

MAGIC MUSHROOMS, SHROOMS

Psilocybin mushrooms are a naturally growing mushroom that can be found all over the world, including in Ireland! Many people pick them for their psychoactive components once dried. They are associated with heightened sensory experiences, resulting in the image of people almost mindlessly rubbing, hugging or staring at relatively normal things around them. The associated risks are similar to other psychedelic substances, which can become overwhelming and result in a negative lasting impression on a person's psyche, should the trip go badly. A mushroom trip can last up to 6 hours and is considered less intense than acid. Once again, always a good shout to have a trip sitter with you to make sure you stay safe.

We've **3** SU shops on campus...



Dublin Bus Stop 768
46a, 145, 39a, 41x 84x

Dublin Bus Stop 2007
46a, 145, 7b, 7d, 84x

Dublin Bus Stops 765, 767, 4953 & 4952, Xpress Routes

Dublin Bus Stops 878 & 860
11

= No Students Allowed

WELFARE GUIDE



UCD STUDENTS' UNION
UNIVERSITY COLLEGE DUBLIN

SU@UCDSU.IE
01-716 3108

UCDSU.IE