

PRIMARY CARE AT RCSI

Mercers Medical Centre – General Practice and Family Medicine

All undergraduate students of RCSI (including GEM students) are entitled to free consultations at Mercer's Medical Centre provided they hold a valid current student ID and student number. Consultation fees for visits which take place at Mercer's are covered by RCSI; however students are responsible for charges incurred for out of hours services, house calls and prescribed medication charges.

If you have symptoms of COVID 19, Do not present to Mercers Medical Centre. You should self isolate in a well ventilated room and contact Mercers Medical or your GP for further instructions

www.mercersmedicalcentre.com

For more information about COVID 19 you can visit:
<https://www2.hse.ie/coronavirus/>

DUBDOC OUT OF HOURS GP SERVICE

DubDoc, based at St James Hospital, Dublin 8, provides an urgent care out of hours GP service on weeknights between 6pm and 10pm, and on weekends between 10am and 6pm.

You should call 01 454 5607 to request a DubDoc Appointment.

www.dubdoc.ie

**In case of medical emergency,
dial 112 or 999.**

CONTACTING THE STUDENT WELFARE TEAM:

To make an appointment with a Student Welfare Officer, please email swo@rcsi.ie

Please include your student number, a contact local phone number and a short description of your query.

A LITTLE BEAR WITH A BIG MESSAGE

If you would like Welfare Bear to promote an online event or campaign please contact the student welfare team at swo@rcsi.ie with a short description of your event and any relevant promotional materials. A member of the team will get back to you to discuss whether this is appropriate.



STUDENT WELLBEING AT RCSI

**Your guide to Student
Welfare, Counselling, and
GP Services for students
at RCSI - how to access
help and support.**



STUDENT WELFARE SERVICE

The CoMPPAS Student Welfare team provide confidential one-to-one support and advice for students at RCSI. The service is Social Worker led and aims to empower students to reach their full potential and overcome the challenges they meet in the course of their studies.

We Aim to:

- Provide a compassionate, inclusive and student centered service
- Promote positive mental health among the RCSI student body
- Implement personalised support plans collaboratively with students based on individual needs
- Promote the rights of the students and advocate on their behalf

What we do:

- Provide direct practical and emotional support and signpost to other helpful services, such as counselling
- Facilitation of virtual personal-development workshops, events and more
- Provide information and advice regarding college regulatory processes eg. Exceptional Circumstances, Appeals, Complaints.

We can help with:

- Strategies for positive mental health
- Self Care
- Academic related issues
- Feeling overwhelmed or anxious
- Feeling homesick
- Bereavement
- Financial difficulties
- Making a plan to overcome any difficulties you may be facing



RCSI COUNSELLING SERVICE

RCSI offers a professional independent confidential counselling service, available to all RCSI students, which is located off campus.

CPSL has extensive experience over many years in providing counselling support to RCSI students. On behalf of RCSI, they manage a diverse panel of professionally registered counsellors with a broad range of expertise located across the city.

Using counselling as a source of support is not a sign of weakness. Rather, it is an indication of personal strength and our determination to address and seek solutions to our problems before they potentially overwhelm us and we find ourselves unable to function.

If you are unsure as to whether counselling is the right approach for you, you may wish to make an appointment to discuss your needs with a Student Welfare Officer, or with your GP.

If you would prefer, you can self-refer to the counselling service by contacting CPSL counselling at cpmlmerrion@gmail.com, or 01 283 9366.

RCSI will cover the cost of 10 sessions per student, but further sessions may be covered on the basis of an assessment of your needs.



CoMPPAS STUDENT ASSISTANCE PROGRAMME

The CoMPPAS Student Assistance Programme is a confidential and independent counselling and specialist information service, which can be accessed 24 hours per day, 365 days per year. This service provides both phone based support, information and access to up to six counselling sessions. This service can be accessed anywhere in Ireland, and can also be accessed by phone from outside Ireland. The service also offers an online portal with helpful information about wellbeing.

Call day or night:

t: 1800 995 955 (within Ireland)
t: +44 2037017293 (from outside Ireland)
e: eap@vhics.ie

CSAP Online Self-Help Portal: wellbeing-4life.com
Access Code: VHIRCOSI

Always-on access to information and personal development resources

HOW DO I KNOW WHICH COUNSELLING SERVICE TO SELECT?

It's up to you, but...

If the difficulties you are experiencing are so significant that they are impacting your academic performance, you may benefit from accessing the RCSI Counselling Service.

If you need urgent emotional support on an out of hours basis, for example at evenings or weekends, or if you need access to short term counselling outside of the Dublin area, or while you are abroad, you may choose to access the Student Assistance Programme.

If you would like advice on which service best meets your needs, contact a Student Welfare Officer today.