Supports available to UCD Staff and Students

STAYING IN TOUCH

- Check in with colleagues via phone or Zoom and schedule virtual lunch or coffee breaks with friends.
- Check out UCD Culture & Engagement suggestions for off-campus engagement, including online yoga lessons, lunchtime sketching and other initiatives. www.ucd.ie/engage/engagement/ offcampusengagement/
- Engage with relevant pages on Facebook to stay in touch, such as: UCD Veterinary Hospital, UCD VetSoc, UCD Veterinary Nursing Society, UCD Lyons Estate, UCD.
- Engage with Twitter – follow @UCDVetMed, @DohertyVetDean, @UCDVetSAdviser, @UCDVetAthSWAN, @UCD_CHAS, @UCDDublin.
- Engage with Instagram - @ucdsportandfitness, @ucdvethospital, @ucdvetmed, @ucdvetsoc, @ucdvnsoc.
- Staff Google Community: Our Staff Google Community is available for staff to share information, resources etc. across the School. All members of the Google Community can post there and we would encourage staff to share information, ideas and resources with each other in the Community. To join the Community, please email David.corscadden@ucd.ie and a link will be sent to you.
- Multicultural Employee Network of UCD (MENU): A relaxed forum that brings together members of the UCD community to support each other, exchange experiences and ideas and promote multicultural awareness in UCD.

Refer to the UCD and UCD School of Veterinary Medicine websites for up–to-date information on plans and special arrangements for COVID-19.
- http://www.ucd.ie/vetmed/newsandevents/schoolofveterinarymedicine-covid-19updates/
- http://www.ucd.ie/covid-19/

MENTAL WELLBEING

UCD Supports:

- UCD Wellbeing Hub: The Hub provides UCD staff with a wealth of customisable wellbeing plans, self-help resources, links to UCD's wellbeing supports and a gateway to the Employee Assistance Service for more pressing issues. Topics covered are based on the three core areas of mental wellbeing, nutrition and exercise. Use the hub to track your steps and kilometres exercised, find recipes, log and track your calories, find fitness plans to suit your needs, and complete courses in stress management, sleeping better, dealing with anxiety and more. In addition, you will find videos and podcasts on Staying Well during COVID-19, and classes you can do at home, including HIIT, Yoga and mindfulness. The information is delivered on a confidential basis by experts from Spectrum.Life, UCD's Employee Assistance Service provider. Register at www.ucd.spectrum.life/login?org=UCDWell1 using your UCD email address.

- Employee Assistance Service: The EAS is a 24/7 free and confidential service available to employees and their immediate family members, providing assistance with any personal or work-related problems you might be facing. See www.ucd.ie/engage/employeerelations/employeeassistanceservice/
- Mental Health First-Aid Peer Support Group: This is a confidential peer support group to support UCD employees who may be feeling overwhelmed or concerned about their mental health and wellbeing.

Make an appointment with any member of the panel; appointments will be operated via Zoom. See http://www.ucd.ie/equality/support/mentalhealth/mentalhealthfirstaidcovid19/

- UCD Vet School Student Adviser: niamh.nestor@ucd.ie / 0871095589
- UCD Postgraduate Student Adviser: carita.bramhill@ucd.ie / 01-7161875
- UCD Student Counselling Service: The counselling service is continuing to support students during the Level 5 restrictions using phone and video. http://www.ucd.ie/studentcounselling/contact/servicedeliveryupdatecovid-19/
- UCD Chaplaincy: https://www.ucd.ie/chaplaincy/meettheteam/
- SilverCloud, UCD's online mental health support tool available to all UCD students: https://ucd.silvercloudhealth.com/signup/

HSE:

The HSE provides links to several other mental health supports available during the COVID-19 outbreak, including online, phone, text, email and mobile apps supports. They can be found at:

- https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html
- Text 50808: Free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis. Text HELLO to 50808.

Samaritans:

24-hour mental health support service: https://www.samaritans.org/ireland/samaritans-ireland/

Meditation:

A number of organisations are offering free access to meditation services during this time, as listed below. Offers are subject to change; please check each individual website for details.

- https://www.headspace.com/covid-19 Free access to the Headspace collection called Weathering the Storm. Includes meditations, sleep and movement exercises.
- https://www.calm.com/blog/take-a-deep-breath Free collection of meditations, sleep stories, music and other resources.
- Keep Calmer (As You Carry On) Free drop-in meditation sessions every weekday evening from 6pm-6.30pm via Zoom.

UCD Purl Jam (https://ucdpurljam.wordpress.com/):
UCD's craft group, has moved online for the moment. Contact niamh.nestor@ucd.ie to be sent the Zoom link.

PHYSICAL WELLBEING

Doctors:
- UCD Student Health Service: Call (01) 716 3134. Monday to Friday 9.30am-12.30pm and 2pm-4.30pm (due to COVID-19, all initial consultations are now telephone consultations at a cost of €25. If a doctor feels they need to see you, they will arrange this during the telephone consultation).
- HSE EastDoc: (01) 2214021. Monday to Friday 6pm-10pm, Saturday, Sunday and Bank Holidays 10am-6pm.
- Doctor on Duty: (01) 4200880. Opening hours 24/7.
- Student HealthMatters App: available for free download on Android and iPhone.

Online Physical Wellbeing Services:
A number of organisations are offering free access to exercise and physical wellbeing services during the pandemic, as listed below. Offers are subject to change; please check each individual site for details.
- https://www.corepoweryogaondemand.com/keep-up-your-practice Free access to online yoga classes.
- https://www.youtube.com/thebodycoachtv Free home workouts with Joe Wicks.
- https://www.youtube.com/user/yogawithadriene Yoga with Adriene - free yoga videos.

MUSIC / ENTERTAINMENT

A number of organisations are offering free access to entertainment services during the pandemic, as listed below. Offers are subject to change; please check each individual site for details.

- https://www.librariesireland.ie/news/online-services-during-coronavirus Join the library online and get free access to eBooks, audiobooks, language courses, online magazines and newspapers straight away.
- https://www.ucd.ie/studentcentre/cinema/free90dayaccessmubimembership/ Free 90-day access to MUBI cinema to UCD students.
- http://irishmuseums.org/text-pages/irishmuseumsonline-content-and-resources Various content from museums around Ireland including podcasts, 3d virtual tours and online exhibitions.
- https://discover.ticketmaster.co.uk/music/our-guide-to-finding-the-best-live-stream-gigs-49794/ Access to online live music performances.
- https://www.metopera.org/ Nightly Met Opera encore Live presentations during the coronavirus closure.
- https://www.dublinzoo.ie/ Live web cams of animals at Dublin Zoo.
- https://zoo.sandiegozoo.org/ Live web cams and videos of animals at San Diego Zoo.

FOR PARENTS OF SCHOOL CHILDREN

For parents helping their children with distance learning, several publishers and other suppliers are offering free access to school books and other resources. Offers are subject to change; please check each individual site for details.

- https://my.cjfallon.ie/
- https://www.folens.ie/books-and-programmes/accessing-our-ebooks-digital-resources
- https://www.gillexplore.ie/
- https://educateplus.ie/

- https://www.twinkl.ie/resources/roi-resources/school-closure-republic-of-ireland
- https://collins.co.uk/pages/support-learning-at-home
- https://stories.audible.com/start-listen Free stories for kids while schools are closed.
- https://www.worldofdavidwalliams.com/elevenses/ David Walliams reads his stories every day at 11am for a limited time.
- https://padlet.com/ciarareillymarino/primarydistancelearning Links to tools, apps and websites to support primary school kids working at home.

OTHER WEBSITES FOR KIDS

- https://www.rte.ie/learn/home-school-hub/ Access resources from the show and catch up on previous episodes.
- https://rtejr.rte.ie/ includes games and other activities.
- https://www.gonoodle.com/ Free movement and mindfulness videos created by child development experts.
- https://www.seideansi.ie/ Interactive games and other activities as Gaeilge.
- https://www.zooniverse.org/projects?discipline=nature&page=1&status=live Help real scientists with research.
- https://www.youtube.com/channel/UC6nbPIfwyPV1Q_o49kqwH7Q Drew the Science Dude demonstrates science experiments.
- https://nhi.ie/comfort-words-initiative-launched-to-bond-children-and-nursing-home-residents-during-covid-19/ Initiative for children to write to nursing home residents.
- http://www.ucd.ie/engage/engagement/offcampusengagement/: UCD colouring pages for kids, including a page on the UCD Vet Hospital and UCD Lyons Estate.

UCD EDI SUPPORTS

There are a range of resources and supports available on the UCD EDI website (https://www.ucd.ie/equality/support/) including:
- UCD Carers Support during COVID-19
- UCD Mental Health First Aid Peer Support
- UCD Parent Buddy Programme