



You are concerned about your mental health or that of a colleague

It is an EMERGENCY if:

1

You think you might hurt yourself or others, or you think your colleague might hurt themselves or others.

2

You or your colleague are seriously ill.

3

You or your colleague are at risk of suicide.

Is this an EMERGENCY?

Yes

Ensure your safety and the safety of others.

On campus

Contact Campus Services (01) 716 7999

Off campus

Contact Emergency Services: 999 or 112

If assisting a colleague

Once help is on its way, if it is safe to do so, reassure your colleague and wait for help to arrive.

After the incident

- Talk about it with friends or colleagues while respecting the confidentiality of those affected.
- Consider contacting the Employee Assistance Service to talk through the incident.
- Talk to your line manager about what has happened – you may need to take a few days leave.

No

If you are concerned about your own mental health:

- Communicate your needs and ask for support.
 - Contact the employee assistance service (24/7/365).
 - Contact your own GP.
 - Contact a Mental Health & Wellbeing Support Colleague.
 - Contact a Dignity & Respect Support Colleague.
 - Review UCD's Wellbeing supports.
 - Contact a UCD Support Network.
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If you have been diagnosed with a mental health condition and require reasonable accommodation, then contact the EDI unit.

If you are concerned about a colleague:

- Be aware of your personal limitations.
- Express your concern and encourage them to seek support.
- Direct them to the UCD supports available or to utilise their own personal supports (GP, etc).