



Ollscoil
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University

Student Well-being Resource





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We understand that navigating university life can sometimes be challenging, but you are never alone on this journey. This resource is designed to help you discover the wealth of supports and services available to support you.



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At each ATU campus, you'll find a dedicated Student Hub designed to provide personalised support and services to help you thrive. These hubs are your go-to resource for academic assistance, advice on student life , and well-being support.



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Student Hub

ATU St Angelas &
Sligo

ATU Donegal

ATU Galway/Mayo





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Instagram

Want to stay in the loop with all the latest events, announcements and campus happenings? Be sure to follow our Instagram accounts! Whether it's updates on student life, exclusive campus events, or important news, we have got you covered. Don't miss out—hit that follow button and stay up to date with everything happening at your ATU campus!

[@atusligowellbeing](#)

[@atudonegalwellbeing](#)

[@atugalwaycityss](#)





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Speak Out is an online anonymous reporting tool for all staff and students to disclose incidences of bullying, cyberbullying, harassment, discrimination, hate crime, coercive behaviour, stalking, assault, sexual harassment, sexual assault & rape experienced or witnessed

ATU Donegal

ATU St Angelas & ATU Sligo

ATU Galway Mayo



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Togetherall is a safe online community where you can anonymously connect with people who understand what you are going through.

Whether you want to get advice, tips or just want someone to listen outside of your friendship group, Togetherall is available to you. You may be able to help others too.

Lots of students find Togetherall helpful as you can continue exploring your feelings at your own pace, speak to others in similar situations and make use of many resources in your own time - all on the one platform.

Access to Togetherall is free, available 24/7 and you can get immediate support.

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



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Student Health Matters App

THE 'STUDENT HEALTH MATTERS' APP ALLOWS IRISH STUDENTS TO INSTANTLY ACCESS SAFE, RELIABLE, AND EVIDENCE-BASED HEALTH INFORMATION AT THEIR FINGERTIPS—ALL IN ONE PLACE.

ACCESS INFORMATION AND SUPPORT SERVICES FOR YOUR LOCAL ATU CAMPUS, AS WELL AS RESOURCES SPECIFIC TO YOUR SURROUNDING AREA.

