

How to Manage Your Mental Health Difficulties

Managing any disability effectively at third level involves the utilisation of a number of available services and tools. It is also vital that each individual student takes responsibility for their own academic career at NCAD. The aim of the NCAD Student Learning Support Service is to allow all students registered with the service become independent learners so they can develop the skills expected of successful graduates and take these skills into their future careers as artists, designers and educators. The following guidelines are designed to help you to reach that goal.

Communication

It is important that you communicate with NCAD about your mental health difficulties in order to overcome any disadvantages you may experience.

1. You should register with Student Learning Support Service as soon as possible after you enter NCAD/receive a diagnosis. Attending a needs assessment will ensure that you receive the appropriate supports.
2. You will receive a Profile of Needs (PONS) from Student Learning Support following your needs assessment. This confirms that you are registered with Learning Support and outlines the supports you receive. Your PONS will be send to the Head of your Department, with your consent, to allow for appropriate accommodations be put in place.
3. You should make an appointment with the Student Counselling Service to introduce yourself and make yourself aware of the supports available.

Supports available:

Learning Support Service

Provides a range of workshops and individual tutorials on all aspects of the writing process. For information please go to: <https://www.ncad.ie/students/support-services/student-learning-support-service/>

Student Counselling Service

Provide a free and confidential service staffed by professionally qualified psychologists and counsellors. NCAD aims to provide easily accessible support for students when personal issues arise that affect their happiness, well-being, capacity to cope, relationships or learning. For information please go to: <https://www.ncad.ie/students/support-services/>

Assistive Technology

There is a range of Assistive Technology resources available for students in NCAD. These consist of software and devices many of which can help students with mental health difficulties to successfully perform day-to-day tasks in college. Assistive Technology of particular interest to students include:

Recording Tool - Livescribe Smartpen

The Livescribe Smartpen is an electronic pen that has a built-in recorder. The pen synchronizes the recording with the notes taken by the student in class. Afterwards the

student can click on any part of their notes and the pen will play back what the lecturer was saying at that time.

Mind Mapping software

A mind map is a visual representation of ideas. This software can help you to organise your ideas in a useful way. This software can be used to create notes following lectures or reading. It can also be used when planning essays.

Learning Support

NCAD's Student Learning Support service provides learning support primarily through individual tutorials and group workshops. Tutorials and workshops are designed to help you learn the skills you need to succeed at college. Learning support workshops include, but are not limited to, the following topics:

- o Note taking
- o Time management and organisation
- o Study skills
- o Academic writing
- o Research skills
- o Presentations and group work
- o Avoiding Plagiarism

Transition to Third Level

Many students find the transition to third level from the very structured environment quite challenging. In order to prevent feeling overwhelmed it is important that you communicate with your tutors/lecturers with any questions you have or problems you might be facing with your modules/assessments. Communication can help to lessen feelings of anxiety or stress. You can find more information on how to reduce stress on the Student Learning Support section of the website: <https://www.ncad.ie/students/support-services/student-learning-support-service/>

If you find that you are having any difficulties in NCAD please contact us as soon as possible!

counsellor@staff.ncad.ie

learningsupport@staff.ncad.ie

Useful Online Resources

- www.headstrong.ie
- www.reachout.com
- www.mentalhealthireland.ie

NCAD 50808

is a 24/7 text messaging support service for people going through a tough time, funded by the HSE Mental Health Services.

Guide adapted from UCD Access & Lifelong Learning (ALL) 2016