



TUS Midlands Student Counselling Service Newsletter

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Counsellor Profile



Hi, I am Breda, a student counsellor with the team here in Athlone. I joined the counselling team in November 2022, and I feel very privileged to work with the students of TUS Midlands.

My passion is helping you build healthier relationships with yourself in all areas of your life. I believe in empowering you, building a trusting relationship, assisting and guiding you to make informed choices. I support all my clients in developing better coping methods, which facilitates healing and bringing positive change in their life.

Breda Lynch

I work in an Integrative/Humanistic way with compassion and kindness, working from the belief that all human beings are unique and have the potential for positive growth. I provide a safe, supportive environment for clients to come and explore their feelings and talk about their problems, challenges and fears. I feel privileged and honoured to be a part of that process for my clients.

I live about half an hour from Athlone with my husband and four children. We have a dog (Rex), chickens and ducks and my daughter has a bird (a parakeet called Coco), who loves to sing! I love to read, go for walks, and listening to music. I believe self-care is so important.



Introduction to Togetherall

Togetherall is an interactive online mental health peer support community, which is safe, anonymous and professionally moderated. It provides an opportunity to learn more about yourself and support your mental health. You can share how you are feeling with the community, listen and be heard. Find courses specific to your concerns and learn techniques to support yourself.

You can register at together.com - all you need is your student email.

Togetherall is:

- A 24/7, anonymous support community
- A community for shared experiences and mutual support
- A platform that promotes a sense of belonging and connection
- A safe and stigma-free environment - no judgement
- Self sign-up. Instant, free and easy to use.
- Guided courses on a range of issues with peer-support involvement
- Resources and journaling to support self-management
- Moderated by a trained mental health professional 24/7

An easy to use, yet extremely beneficial service for student support.
Shauna Conroy

An insightful tool covering a broad spectrum of support for all students.
Rian Fox

No judgement. No stigma. This is a place where anyone can begin their journey towards better mental health.





The following is an interview with Treasa Fox, Head of Student Counselling by Applied Psychology placement students Shauna Conroy and Rian Fox, with the intent of providing greater insight into the Togetherall service from one of its pioneers in the TUS community.

1. Did you experience much difficulty when establishing togetherall in Ireland?

Quite the opposite, our experience was very positive as both the HSE and Togetherall did a lot of enabling and assisting. We have a really good account manager that works specifically with the Irish sector. Therefore, there have been no barriers really, but many enablers.

2. As a pioneer for Togetherall in Ireland, what expectations or hopes for the service do you wish to see manifest in the next five years?

I would love to see all TUS students being aware of Togetherall, and promoting it to each other. All students need support at one time or other. Togetherall is a whole population resource, meaning it is for everyone. I would also hope that TUS students would engage to provide support to others, as well as receive support, as we know helping others contributes to good wellbeing.

3. How would a student become more involved in the togetherall service?

So there are lots of opportunities and I think Togetherall will take time to grow over the next couple of years. But right now, the most significant thing you can do is to become a Togetherall ambassador. We will be rolling out wristbands so students can visibly be ambassadors for Togetherall, as well as telling their friends and classmates.

4. In your opinion, what are the benefits for students from using togetherall?

Firstly, Togetherall is an anonymous peer support platform. I think anonymity is important as it allows students to say things very safely, often for the first time. Secondly, I believe giving and receiving support from peers is really important. Peers can identify with some of the normal struggles of university life. But unlike other digital and social platforms, it is carefully moderated so that there are no "pile-ons", trolling etc. so it is very safe.

5. Do you think togetherall being internationally connected positively influences the user experience?

Absolutely, it does. I think the 24/7 nature of it, is brilliant, that it's across so many timezones. I think there's something very reassuring for an Irish student to realise that somebody in the US or in New Zealand is experiencing some of the same difficulties and struggles and that they can share that support with each other.