

Insight Support Networks

UCC & Tyndall

[Race Equality Network](#)

[Mná Women's Network](#)

[LGBT+ Staff Network](#)

[Disability and Neurodivergence Network](#)

[Carer's Network](#)

Tyndall Only

Tyndall Neurodiversity Network (run by Tyndall People and Culture Programme Manager)

[UCC Staff Support Tree](#)

[Staff Mentoring](#)

[Staff Coaching](#)

[Spectrum Life Employee Assistance Service](#)

[EDI Unit](#)

DCU

[Pride and staff network](#)

UCD

[Equality Diversity and Inclusion Supports](#)

[Dignity and Respect Supports](#)

[Peer Support](#)

[E-Mental Health](#)

[Togetherall](#)

[Bodywhys](#)

[Bereavement Support](#)

[Niteline](#)

[Mindfulness Groups](#)

[SilverCloud CBT](#)