

Supporting your **wellbeing**

Employee Assistance Programme



At one time or another, we all experience difficulties that can leave us feeling overwhelmed. Sometimes talking to friends or family can help, but at other times it may be useful to talk to someone trained to listen who can offer support, guidance and a fresh outlook.

The **Inspire Employee Assistance Programme** is fully independent and provides access to a range of wellbeing support services, including: a 24hr Freephone helpline, counselling and online wellbeing tools and resources via the Inspire Support Hub.

For more information, email us at: workandstudy@inspirewellbeing.ie

Visit the Inspire Support Hub at: inspiresupporthub.org

Whatever's on your mind, call us free and confidentially, 24/7, 365 days a year:

ROI: 1800 201 346 / UK: 0808 234 5183