

This service is completely confidential and voluntary. Your employer will not be told who is using the service and will receive only anonymous usage statistics to evaluate the service. However, if there is a 'red flag' issue or risk of harm or involvement in criminality, confidentiality may be waived.



An Roinn Oideachais agus Scileanna  
Department of Education and Skills

Whatever's on your mind,  
call us free and confidentially,  
24/7, 365 days a year on:  
**1800 411 057**

If you feel you need to, take the first step, pick up the phone and contact us to speak with someone who can help you to access appropriate support and advice.

Email us during office hours at:

[workandstudy@inspirewellbeing.ie](mailto:workandstudy@inspirewellbeing.ie)

For instant access to tailored wellbeing support tools and resources, visit:

[inspiresupporthub.org](http://inspiresupporthub.org)

Inspire Workplaces  
1 Parkway House  
Western Business Park  
Ballymount  
Dublin 12



Inspire (579824), Inspire Mental Health (579825), Inspire Disability Services (585566) and Inspire Community Resilience (579823) are Business Names of Inspire Wellbeing Company Limited By Guarantee **Registered Office:** Creative Spark, Clontygora Drive, Muirhevnamor, Dundalk, Co. Louth. Registered in Dublin, Ireland **Registered No:** 584809. Inspire Workplaces (585563), Inspire Students (585560) and Inspire Knowledge & Leadership (585572) are Business Names of EAP Consultants Limited **Registered Office:** 1 Parkway House, Western Business Park, Ballymount, Dublin 12. Registered in Dublin, Ireland **Registration No:** 372660 **VAT Registration No:** 6392660N. Northern Ireland Community Addiction Service Ltd, Trading as Addiction NI **Registered Office:** Lombard House, 10-20 Lombard Street, Belfast BT1 1RD **Registration No:** T8905733NH

Visit us at: [inspiresupporthub.org](http://inspiresupporthub.org)

# Take control of your wellbeing

## Employee Assistance and Wellbeing Programme



Inspire is registered with the Registry of Community Trademarks: U146131/15

# The right help, right now

At one time or another, we all experience difficulties that can leave us feeling overwhelmed. Issues at work, relationship worries, family pressures, financial concerns – they can all make us anxious and reduce our sense of wellbeing.

## That's where we come in.

In line with best practice clinical guidelines, the Inspire **Employee Assistance and Wellbeing Programme (EAWP)** broadens the support options available to you, providing access to a range of services that are tailored to your individual wellbeing needs.

Here's how it works:

### Referral

Having contacted our support line, we'll guide you through the most appropriate next steps. Depending on the nature of the call, that may be to: provide general information, offer immediate support if in distress, refer you to one of our specialist information advisors, or schedule a telephone assessment with a case manager - all of who are professionally qualified Counsellors. If contacting us by email, we'll either email or call you back.

### Assessment

If needed, we'll provide a telephone consultation with a case manager. During this call, you will be asked to complete a questionnaire for us to more fully understand your wellbeing needs. This evidence-based self-report measure covers a number of areas including: problems, wellbeing, functioning and risk. We'll then create a wellness plan that outlines the type of support that is right for you.

### Support

Your wellness plan may involve case manager support/ information over the phone, direction to our online self-help resources, signposting to more appropriate statutory and community services, or referral to EAWP counselling, depending on your needs.

# It helps to talk

At any time, you can access our **Freephone telephone support line**. Available 24 hours a day, 365 days a year, it is staffed by a network of accredited and highly experienced Counsellors who if required, can provide immediate, confidential support.

Whatever's on your mind, call us free and confidentially on:

## 1800 411 057

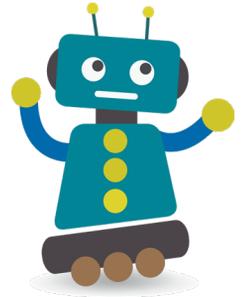
You can also contact us via email during office hours at:  
[workandstudy@inspirewellbeing.ie](mailto:workandstudy@inspirewellbeing.ie)

# Inspire Support Hub

The **Inspire Support Hub** provides instant online access to a range of wellbeing information, guidance, screening and intervention tools. The hub will guide you through evidence-based self-assessment to personalised wellbeing reports, and recommendations for proactive next steps.

It includes a number of bespoke, innovative tools and resources, including:

-  **Guided self-assessment via 'iHelpr chatbot'**
-  **Self-help courses and digital intervention tools**
-  **'5 ways to wellbeing' database**
-  **Wellbeing information library and Bibliotherapy**
-  **Mood Tracker**



Visit us at: [inspiresupporthub.org](https://inspiresupporthub.org)

When logging in at first, you will be prompted to enter the following PIN: **DOES2019** and to complete a sign up form. For more information on using the hub, contact: [hubsupport@inspirewellbeing.org](mailto:hubsupport@inspirewellbeing.org)

