

Access to the Service

You can self-refer to EAP at any time. You do not need permission or approval.

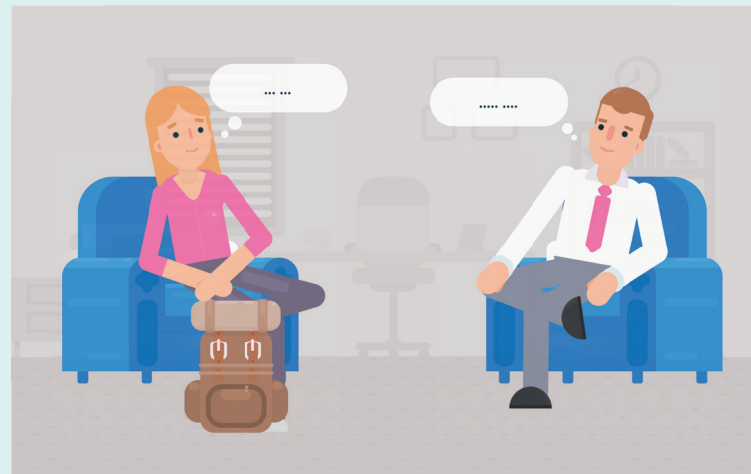
Call **0818 327 327** to access EAP from anywhere in the country. Don't be afraid to pick up the phone – our trained EAP counsellor therapists are ready to **listen and help**.

Your manager can make a referral for you, with your agreement, if they have concerns for your wellbeing. Other referrers include Occupational Health, Union / Staff Association, G.P, Human Resources Dept.



Contact details

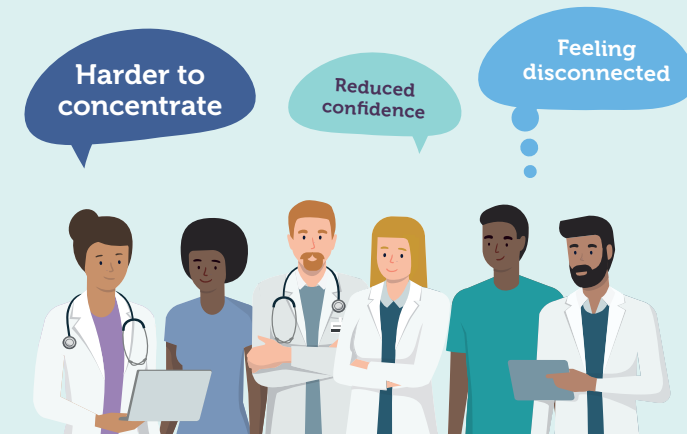
- Call the National EAP phone line on **0818 327 327** to speak to a trained EAP Counsellor Therapist in your area who can help.
- For more information log onto www.inspiresupporthub.org/HSE-EAPandME
HSE Company Pin: HSEHUB



EAPandME

Employee Assistance Programme

The impact of working through a pandemic means we can feel depleted in lots of different ways.



Any worker can experience these feelings at times. If you're feeling all of them at once, it may be a sign to reach out for support

Call **0818 327 327** to speak to someone who can help.

www.hse.ie/EAPandME



Burnout Recovery

Burnout can build up slowly during times of high pressure, without us even realising. Recognising these signs can help you to seek support before you become depleted.

- Harder to concentrate
- Emotional or physical exhaustion
- Feeling disconnected / detached
- Reduced confidence
- Irritability
- Decreased motivation

Any worker can experience these feelings at times. If you notice a few happening at the same time, it may be a sign to reach out for support.



Services provided by the EAP Programme



- Counselling
- Consultation to managers on staff wellbeing and psychosocial issues
- Critical Incident Stress Management (C.I.S.M.) Response - individual and group support and pre-incident training
- Workshops on staff wellbeing issues

A Confidential Service

EAP counselling is a confidential service. No information about your issue will be given to anyone without your written consent.

Confidentiality is strictly maintained, except where:

- the client, other employees, or the public are at serious risk
- a criminal offence is committed
- ordered to disclose by a court of law
- there is a child protection concern

