

# EAPandME

Employee Assistance Programme

Any of us can feel burdened  
by a life or work problem.



The HSE Employee Assistance Programme provides a free and confidential counselling service you can contact at any time.

Call

**0818 327 327**

to speak to someone  
who can help.

 #EAPandME

Go to <https://www.inspiresupporthub.org/HSE-EAPandME>  
to access our online hub of helpful resources

