

# EAP and ME

Employee Assistance Programme

Burnout can build up slowly during times of high pressure, without us even realising it



I'm feeling a bit detached from work

Sometimes I feel emotionally exhausted

Call **0818 327 327**

to speak to someone who can help.

[www.hse.ie/EAPandME](http://www.hse.ie/EAPandME)

Recognising the signs you're under pressure can help you to seek support before you become depleted

