

# EAP and ME

## Employee Assistance Programme

The impact of leading and supporting teams through a pandemic means managers can also feel physically and emotionally exhausted



Recover right - reach out for support. EAP services are available and used by all staff grades

Call **0818 327 327**  
to speak to someone who can help.  
[www.hse.ie/EAPandME](http://www.hse.ie/EAPandME)

