

The right help, right now

As an integral part of our overall wellbeing vision, the Inspire **Employee Assistance Service** provides access to a range of information, guidance, screening and intervention that is tailored to help care for your specific wellbeing needs. Widening access to support as far as possible, the **EAS** employs a ‘**stepped-care**’ approach to ensure that appropriate levels of wellbeing provision are available in the **right place at the right time**.

The **EAS** will guide you through an initial assessment, ensuring that the most appropriate wellbeing services are provided. These include: online support and specialist wellbeing information, or if required, counselling. The service is supported throughout with access to our **24 hour telephone helpline by calling 1800 817 435**.

Support tailored to you

The **EAS** has been designed to broaden the wellbeing support options available to you, in accordance with robust, best practice clinical guidelines – giving you the most appropriate form of support.

Here’s how it works in practice:

Referral

Having contacted our support line, you will be asked to complete a wellbeing questionnaire known as **CORE-OM**. Through a series of questions, this evidence-based self-report measure covers a number of areas including: **problems, wellbeing, functioning and risk**. It’s the first step to identifying how we can best support you.

Assessment

Next, you will be provided with a consultation with a senior clinician to understand your individual wellbeing needs. From here, we will create a wellness plan for you, which outlines the type of support that is right for you.

Support and Intervention

Individual wellbeing is not a ‘one size fits all’, and our **EAS** will ensure referral to the most appropriate intervention. Your wellness plan may indicate therapeutic support, direction to our highly innovative range of online self-help tools and resources, or face to face counselling. We also provide advice on financial, legal and other specialist areas.

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

Whatever’s on your mind, call us free and confidentially on 1800 817 435.

For more information, please contact: workandstudy@inspirewellbeing.ie



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