

Wellbeing services available to you

Employee Assistance Service

The Inspire **Employee Assistance Service** supports employees by providing 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. Services include: **online support via the Inspire Support Hub**, **specialist wellbeing information**, or if required, **counselling**.

You will be guided through: **Referral** ➡ **Assessment** ➡ **Support and Intervention**

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

Inspire Support Hub

The **Inspire Support Hub** provides instant access to a range of **online information, guidance, screening and intervention tools**, tailored specifically to help care for your individual wellbeing needs. The hub will guide you through evidence-based self-assessment to personalised wellbeing reports, as well as recommendations for proactive next steps. It incorporates the following **bespoke, innovative tools and resources**:



Guided self-assessment via 'iHelpr chatbot'

You will be guided through a self-assessment by our innovative **chatbot** and receive personalised recommendations outlining the best way forward.



Wellbeing information library and Bibliotherapy

Provides **expert information and advice** on a range of wellbeing areas and the opportunity to engage in the experiences and perspectives of others.



Self-help courses and digital intervention tools

You will be guided through a series of tasks, helping you to **recognise and build on existing resources** and put simple steps in place to resolve these difficulties.



Mood Tracker

Allows you to rate and track your mood and the number of hours you have slept across the month, while comparing the two.



'5 ways to wellbeing' database

Select an area of wellbeing, enter your location, and the interactive map will **identity a range of different activities** linked to that wellbeing topic.

Visit us at: inspiresupporthub.org

When logging in at first you will be prompted to enter your company PIN and to complete a sign up form.

For details of your company PIN, please contact your HR team.

Whether you're looking for advice or need a little more direction, visit the hub and start your wellbeing journey today.

For more information on using the hub, contact: hubsupport@inspirewellbeing.org



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