

# 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](mailto: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](https://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](mailto:hubsupport@inspirewellbeing.org)



i inspire is registered with the Registry of Community Trademarks: 014613178

