

HSE HR Supports available

HSE Supports available to Managers & Employees to pro-actively promote staff health & wellbeing

Human Resources Helpdesk: advice offered on HR Policy implementation; provision of individual employee support in conjunction with the local HR Offices and NERS.
www.hse.ie/eng/about/Who/hr
Tel: **1800 444 925** (8am to 5pm) Monday to Saturday
Email: ask.hr@hse.ie

Leadership, Learning and Talent Management (LLTM): provide a range of training and development opportunities for Managers and Employees via HSeLand (www.hseland.ie) including:

- Induction Training
- People Management
- Leadership Development
- Personal Effectiveness
- Retirement Planning
- Learning Talks Podcast

<https://www.hse.ie/eng/staff/leadership-education-development/leadership/>

National Health & Safety Function: support and advice offered on implementation of health and safety policies and support on OSH matters.
www.hse.ie/safetyandwellbeing
Tel: **1800 420 420** Monday to Friday 10:30-12:00 and 14:00 – 15.30

Workplace Health & Wellbeing Unit: provision of information and materials to support employees physically and emotionally throughout their working life.
<https://www.hse.ie/eng/about/who/healthwellbeing/>

HSE Supports available to Managers & Employees - when a problem arises in relation to work-related stress

Local Occupational Health Service: offer specialist advice to managers and staff; assess the employee and provide support in relation to their present functionality and to consider options and solutions going forward for the benefit of the employee and their line manager; referral pathways for both line managers and staff
<https://healthservice.hse.ie/staff/benefits-and-services/occupational-health/>

Employee Assistance Programme (EAP): provides confidential counselling support for employees experiencing stress as a result of work or personal issues; provide support and guidance to managers in responding to employee wellbeing issues, group support/facilitation sessions for staff who have experienced an event that has been emotionally/mentally upsetting and group/individual support sessions for staff who are preparing for an emotionally/mentally challenging event
<https://healthservice.hse.ie/staff/benefits-and-services/employee-assistance-programme-staff-counselling/>
Tel: **0818 327 327**

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Rehabilitation: provision of workplace rehabilitation to support and enable employees to remain at or return to the workplace after illness or injury
<https://healthservice.hse.ie/staff/benefits-and-services/occupational-health/rehabilitation/>