

EAP and ME

Employee Assistance Programme

Burnout can build up slowly during times of high pressure, without us even realising it



I'm feeling a bit detached from work

Sometimes I feel emotionally exhausted

Call **0818 327 327**

to speak to someone who can help.

www.hse.ie/EAPandME

Recognising the signs you're under pressure can help you to seek support before you become depleted

