

Access to the Service



You can self-refer to the EAP at any time. You do not need permission or approval.

Call **0818 327 327** to access EAP from anywhere in the country. Don't be afraid to pick up the phone – our trained EAP counsellor therapists are ready to **listen and help**.

Your manager can make a referral for you, with your agreement, if they have concerns for your wellbeing. Other referrers include Occupational Health, Union / Staff Association, G.P, Human Resources Dept.



Contact details

- Call the National EAP phone line on **0818 327 327** to speak to a trained EAP Counsellor Therapist in your area who can help.
- For more information log onto www.inspiresupporthub.org/HSE-EAPandME
HSE Company Pin: HSEHUB

EAPandME

Employee Assistance Programme



EAP is a free, confidential counselling service, here to help you. EAP also offers support following a critical incident affecting you or your team.

Call **0818 327 327** to speak to someone who can help.

[#EAPandME](https://twitter.com/EAPandME)

Go to www.inspiresupporthub.org/HSE-EAPandME to access our online hub of helpful resources



What is the Employee Assistance Programme?



A Confidential Service

The HSE Employee Assistance Programme (EAP) is a work-based support service for staff and the organisation. This is a confidential independent service. It supports employees with personal, work-related and psychosocial issues (psychological and social factors that influence mental health). These issues may be affecting your job performance or home life.

The service is free and available to all HSE employees.



Services provided by the EAP Programme

- Counselling
- Consultation to managers on staff wellbeing and psychosocial issues
- Critical Incident Stress Management (C.I.S.M.) Response - individual and group support and pre-incident training
- Workshops on staff wellbeing issues



EAP counselling is a confidential service. No information about your issue will be given to anyone without your written consent.

Confidentiality is strictly maintained, except where:

- the client, other employees, or the public are at serious risk
- a criminal offence is committed
- ordered to disclose by a court of law
- there is a child protection concern

