

# EAP and ME

Employee Assistance Programme

The EAP is for people like you and people like me.

Our trained counsellors are just a phone call away.

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



 #EAPandME

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

