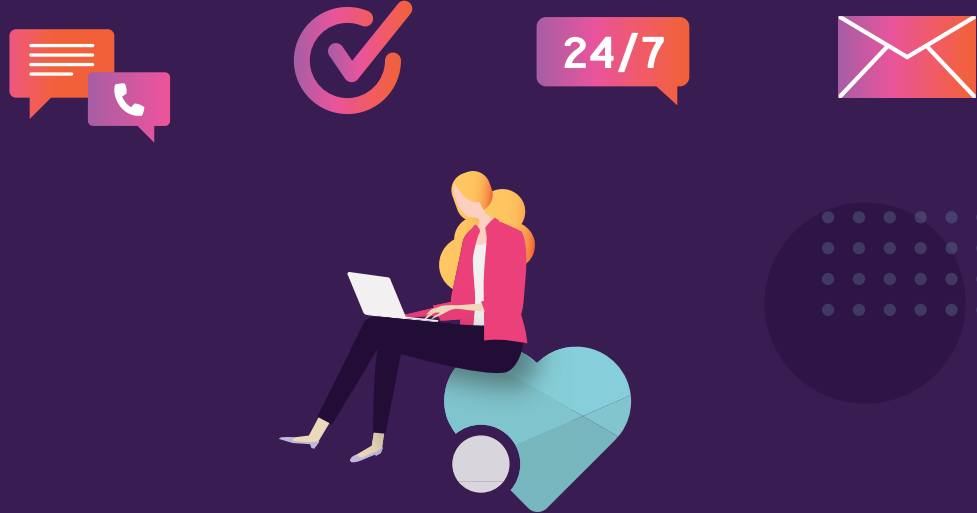




## Employee Assistance Programme

The Employee Assistance Programme (EAP) is a free, confidential wellbeing support service that provides support to all employees, their partner/spouse and dependent children over 16 still living at home.



**Our EAP is available 24/7, 365 days a year covering:**

- Stress
- Anxiety
- Low mood
- Marital or relationship problems
- Family problems
- Loss & grief
- Substance abuse issues

**IRE Freephone: 1800 903 670**

**Or access EAP through our Online Platform:  
<https://app.spectrum.life/login>  
(Organisation code): IHFEAP**