



**inspire**

wellbeing, ability, recovery

# The right support at the right time



At one time or another, inevitably we all experience challenges that can leave us feeling overwhelmed. At times like these, it may be useful to speak with someone trained to listen who can offer support, guidance and a fresh outlook.

The **Inspire Employee Assistance Programme** is fully independent and provides access to a range of wellbeing support services, including:

- 24/7 confidential telephone support line, available 365 days per year
- Face-to-face/ Structured Telephone/ Video counselling service based on Brief Solution Focused Therapy
- Access to the Inspire Support Hub

## It helps to talk

Call us free and confidentially, 24/7, 365 days a year:

**NI: 0800 389 5362**  
**workandstudy@inspirewellbeing.org**

**ROI: 1800 409 673**  
**workandstudy@inspirewellbeing.ie**

Scan the QR Code and visit the Inspire  
Support Hub [www.inspiresupporthub.org](http://www.inspiresupporthub.org)

