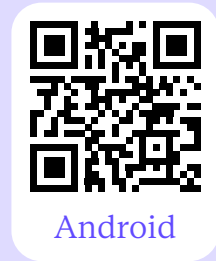
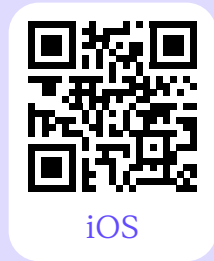


# Employee Assistance Service.



**Your free, confidential mental health and wellbeing service, providing in the moment support from a dedicated Customer Care Counsellor**

**Available 24/7, 365 days a year, via:**

Freephone – WhatsApp – Text  
Live Chat – Online Portal

**Freephone IRE: 1800 814 243**  
**WhatsApp: Text 'Hi' to 087 369 0010**  
**SMS: Text 'Hi' to 087 145 2056**

**Download the Spectrum.Life app, or explore the platform:**  
**[app.spectrum.life/login](https://app.spectrum.life/login)**  
**Org Code: [ovb4mxYN](#)**



## **EAS services include:**

### **In-the-moment support**

Single telephone counselling sessions available 24/7

### **Online cognitive behavioural therapy**

where clinically appropriate

### **Signposting**

to external specialist/long term counselling  
where clinically appropriate

### **Short-term counselling**

Up to 6 sessions, where clinically appropriate

### **Digital Wellbeing Platform and App**

Hours of eLearning and self guided meditation

### **Psychoeducation**

on self-care, coping skills, emotional regulation, etc.