

Whatever's on your mind,
call us free and confidentially,
available 24 hours a day, 365
days a year:

NI: 0800 389 5362

workandstudy@inspirewellbeing.org

ROI: 1800 409 673

workandstudy@inspirewellbeing.ie

It helps to talk. Pick up the phone and speak with
someone who can help you access the appropriate
support.

For access to tailored online wellbeing
support tools and resources, visit:

inspiresupporthub.org

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Lombard House
10-20 Lombard Street
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BT1 1RD

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Dundalk
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Inspire is an operating name of Inspire Wellbeing, a company limited by guarantee in Northern Ireland.
Company No: NI025428 / Charity No: 103470. Registered office: Lombard House, 10-20 Lombard Street,
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Visit us at: inspiresupporthub.org



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The right support at the right time



The right help, right now

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. **That's when we can help.**

Our employee assistance programme ensures you get support with professional and personal issues when you need it. We can support you with our solution-focused brief therapy. This means:

- Counsellors work with you to identify the strengths, skills and resources you can use to tackle the issue
- Therapy focuses on outcomes and goals
- Sessions focus on solutions to the problem or issue
- Sessions encourage you to believe that positive change is possible

Our Inspire Employee Assistance Programme Provides:

- 24/7 confidential telephone support line, available 365 a year
- Immediate support available by qualified, experienced counsellors
- Face-to-face/ Structured Telephone/ Video counselling service based on Brief Solution Focused Therapy
- Access to the Inspire Support Hub

Our referral pathways

If you feel like you need to speak to someone about how you are feeling you can self-refer via:

- Telephone
- Email
- Inspire Support Hub

Inspire Support Hub

The **Inspire Support Hub** provides access to a range of online wellbeing information, guidance, screening and intervention tools. It includes:



Guided self-assessment via 'iHelp' chatbot'

Our chatbot will guide you to personalised recommendations to support your needs.



Self-help courses and digital intervention tools

A series of self-guided interactive tools including e-learning, to improve your understanding on a range of issues.



'5 ways to wellbeing' database

The database will help you to identify a range of activities linked to each of the 5 ways to wellbeing.



Personal Dashboard

A personal area of the hub highlighting recommended resources, mood and sleep trackers and a gratitude diary to make space to reflect.

It helps to talk

You can access support at any time by calling our Freephone helpline, available 24 hours a day, 365 days a year.

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