

Supporting Employee Health & Wellbeing during COVID-19 through your Employee Assistance Programme

Our EAP is available 24/7/365 and offers support to employees, their partner or spouse and any dependents over the age of 16 years, still living at home.

We fully recognise that the threat posed by coronavirus may cause anxiety among people and their families.

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Infectious disease outbreaks, like the current COVID-19; having to self-isolate and experiencing immediate changes to our day to day routine can be scary and result in an impact on our mental health.

At times of stress we work better with support. Our EAP team are here to support you and help manage your mental wellbeing during these times.



24/7

You can reach your EAP Service to speak to a Case Manager at:

1800 903 542
(Ireland)

0808 196 2016
(UK)

If you need health advice on symptoms, self-isolation measures, prevention measures, or what to do if you are at risk from COVID-19:

From Ireland please call HSE Live on **1850 24 1850**

From the UK please dial **111** for the NHS coronavirus service.