

# EAPandME

Employee Assistance Programme

The EAP is for people like you and people like me.

Our trained counsellors are just a phone call away.

Call **0818 327 327**  
to speak to someone who can help.



 #EAPandME

Go to [www.hse.ie/EAPandME](http://www.hse.ie/EAPandME) to access  
our online hub of helpful resources

