

# EAP and ME

Employee Assistance Programme

Many of us experience stresses and strains in our work and personal lives and might be wondering if there is anyone there to help.



EAP is a free, confidential counselling service, here to help you. EAP also offers support following a critical incident affecting you or your team.

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

