

Lena
By Inspire

Need support?

Sometimes we need information.
Sometimes we need guidance.
Sometimes we need someone to talk to.
Whatever you're facing, we can help.

Your Employee Assistance Service includes:

- Free and confidential helpline
- Friendly and experienced Ireland-based advisors
- Emotional wellbeing support
- Access to counselling where appropriate
- Financial and legal information and signposting
- Online resources and CBT-based programmes
- Support tailored to your individual needs

Expert care, with YOU at the centre.

When you contact Lena, you'll speak with an experienced Ireland-based advisor who will take time to understand what's happening for you.

This brief confidential assessment helps us identify the support that is likely to be most helpful based on your circumstances and needs.

Free and confidential, Ireland-based support 24/7, 365 days a year.

Call: 1800 817 435

Email: support@lenabyinspire.com
Visit: www.lenasupporthub.com
Registration PIN: CDETBSTAFF

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