Lena By Inspire

The right support, at the right time.

Lena's digital Support Hub gives you access to a range of online tools and resources tailored to support your individual wellbeing.

Guided self-assessment via 'iHelpr chatbot'

This is the first step to ensuring you get the right support, the chatbot will guide you through the process and you'll receive recommendations tailored specifically to you.

Self-help courses and digital intervention tools

Each course topic has been designed to help you identify and review possible factors that are contributing to your areas of challenge, simple steps will then be suggested to resolve these difficulties.

'Five ways to wellbeing' database

Five actions that can be built into your day that can help maintain and improve your wellbeing. The database will identify a range of activities linked to the five ways of wellbeing.

Information and video library

Mental health information alongside fitness workouts, nutrition advice, better sleep techniques, and mindfulness sessions..

Mood & sleep tracker

The tracker allows you to view and reflect upon how you are feeling across the month. Getting a good night's sleep can improve your mood.

Gratitude diary

As research supports an association between expressing gratitude and an individual's wellbeing, the online gratitude diary allows you to record 3 things you are thankful for on a regular basis.

Self-referral

Our services have never been easier to access, we now have a self-referral form on the hub. Just fill in your contact information, and a member of our team will be in touch to complete the process.

Your wellbeing, understood.

If you lose or forget your PIN or sign in details, or need technical support please contact:
hubsupport@lenabyinspire.com

Lena By Inspire is an operating name of Carecall (NI) Limited, a company limited by guarantee in Northern Ireland (NI038960) and of EAP Consultants Limited, a company registered in Ireland (No.372660).

Getting started on the hub.

Step One:

Visit lenasupporthub.com and select 'Sign Up' from the menu. Or scan the QR code below.

Sign Up

Step Two:

When prompted, enter the unique registration PIN for your organisation.

Your unique registration PIN for the Hub is:
CDETBSTAFF

Step Three:

Register using your email address and create your own password for future logins.

Step Four:

Start browsing and building your knowledge on mental health and how to improve your own wellbeing.