Lena
By Inspire

Employee Assistance Service



What is the Employee Assistance Service?

Lena's Employee Assistance Service (EAS) is a confidential wellbeing and support service available to you through your organisation.

The service is designed to support employees experiencing personal, family, emotional, financial, legal or work-related challenges by helping them access the most appropriate support for their individual needs.

Support is available 24 hours a day, 365 days a year through our experienced Ireland-based team.

How does it work?

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.

Depending on your situation, your support may include:

- Emotional support and guidance
- Counselling
- Digital CBT-based programmes
- Wellbeing information and self-help resources
- Financial information and guidance
- Legal information and guidance
- Signposting to specialist services

Our assessment process is designed to ensure you can access the right level of support, through the most appropriate pathway, at the right time.

Expert care, with YOU at the centre.

As part of your Employee Assistance Service, you may be recommended one or more structured online wellbeing or Cognitive Behavioural Therapy (CBT)-based programmes accessed through Lena's Digital Support Hub.

These evidence-based programmes can help support:

- Stress and anxiety
- Low mood
- Confidence and self-esteem
- Sleep difficulties
- Building resilience
- Managing workplace pressures
- Overall wellbeing

Many people find these programmes helpful on their own, while others benefit from using them alongside counselling, or other wellbeing resources recommended following their assessment.

Can I access counselling?

Yes. Where counselling is identified as the most appropriate form of support, access will be arranged quickly and confidentially with one of Lena's qualified, experienced counsellors based across Ireland.

The purpose of the initial assessment is to help us understand your circumstances and connect you with the intervention(s) that best meets your needs. For some people this may be counselling. For others it may be a digital CBT programme, practical legal or financial information, wellbeing resources, or a combination of services.

Whatever your situation ...
we'll work with you to identify the most appropriate pathway.

Mental health, understood.

One call. The right support.

When you contact Lena, you'll be supported by experienced professionals who understand the Irish context, services, and supports available within your community.

From your first call through to any onward support, you'll benefit from local knowledge, local expertise and a service designed around the needs of people living and working in Ireland.

Tel: 1800 817 435
Email: support@lenabyinspire.com
Free. Confidential. Available 24/7.

Visit: www.lenasupporthub.com
Registration PIN: CDETBSTAFF

SCAN ME

@lenabyinspire

Lena, Lombard House, 10-20 Lombard Street, Belfast, BT1 1RD, Northern Ireland
Lena, Clontygora Court, Muirhevnamore, Dundalk, A91 HF77, Ireland

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