



Irish Life
health



**Healthy
Minds**

Employee Assistance
Programme

**Because we all need
a healthy mind
as well as a healthy body**

Making your mental health your number one priority

From minor concerns to more serious issues, life's challenges come in all sizes. No matter how small or challenging the problem, the Healthy Minds Employee Assistance Programme delivers all-round support, all year round. Better yet, use the resources available to stay on top of your mental wellbeing so you're better prepared to handle an issue if it arises.

Support when you need it

If there is a problem, don't assume it needs to be a major crisis. Healthy Minds EAP offers help with a huge variety of issues.

Maybe a landlord won't return a deposit. Perhaps work is taking over too much of your life. Or more seriously, depression could be having a negative impact on your life. Whatever your problem, we've got professionally trained counsellors on hand to listen and give you considered, impartial and practical advice.



Support how you need it

Minding your mental health is easier with more ways to access support how and when you need it.

Through the confidential helpline, you can speak directly to a counsellor. If face-to-face counselling or immediate assistance is needed, you will be referred to a Healthy Minds EAP counsellor.

1850 718 888

New Digital Wellbeing Support

What if you don't feel like talking to someone?

Often we might just want some more information or advice on a topic that's bothering us.

Our new Healthy Minds website and app give you just that:

- > Articles
- > Toolkits
- > Podcasts
- > Assessments

all developed to help you understand more about a whole range of issues.

And if you feel like talking to someone afterwards, you can always speak directly to our experts via phone or live chat directly from the app.



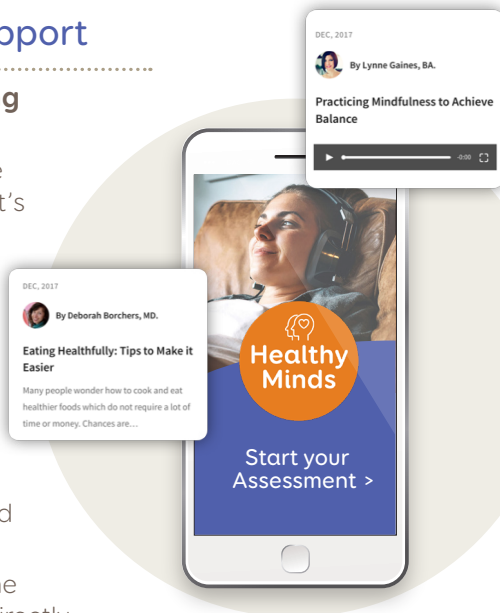
Live Chat
24/7



Practical
Day-to-day
Advice



Simple
Self
Assessments



Download the Lifeworks app today or visit Lifeworks
irishlifehealth.lifeworks.com/signup

Register your account using your personal invitation code "ilh-" followed by your member number.
For example "ilh-1234567"



Ways to get in touch

1



Call Healthy Minds EAP
1850 718 888



Confirm your Irish Life Health policy number and employer name



A Healthy Minds EAP counsellor will evaluate the level of assistance needed

Depending on your need you'll then receive either general information, specialist advice (e.g. legal, financial) or immediate telephone support or counselling if required.

2



Sign up at
irishlifehealth.lifeworks.com
or download the app



Select 'Sign Up' and enter your invitation code - simply 'ilh-' followed by your member no e.g. ilh-1234567



Follow a few simple steps and you're ready to start exploring helpful assessments and content

Remember, if at any stage you feel like you'd like to reach out to a counsellor you can call them directly from the app or use our 'chat now' function to get some advice via webchat.

Confidentiality assured

Rest assured, the service is completely confidential. Our Healthy Minds EAP partner, LifeWorks by Morneau Shepell never shares information unless there's an immediate danger of harm to you or others. You will be asked for relevant information (such as your GP's details) - but only if this is necessary. All personal data is securely stored and is governed by Data Protection legislation.