



Irish Life  
health

# Employee Assistance Programme

Counselling & advice  
when it's needed  
the most



[www.irishlifehealth.ie](http://www.irishlifehealth.ie)

# Employee Assistance Programme

## Somewhere to turn when things are tough

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Life is full of pressures.

Sometimes, these are work-related. Other times, they spring from personal issues like family tensions, financial worries or other problems.

Whatever the source, pressures can be overwhelming. If ignored it can lead to bigger problems. The worst thing to do is to do nothing. That's why Irish Life Health offers its members a comprehensive Employee Assistance Programme (EAP).

## Whatever the problem, help is at hand - 24/7

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As a phone-based counselling programme, our EAP means help is only a phone call away, 365 days a year.

Day or night, members can speak to a qualified counsellor in complete confidence.

A whole range of issues can be discussed including:



Relationship  
Issues



Bereavement



Work Life  
Balance



Anxiety



Legal or  
Financial  
Matters

The professionally trained counsellor will listen and give considered, impartial advice. If the issue is deeper and needs more attention, face-to-face counselling sessions can be arranged.

## Sharing the problem, face-to-face

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Like the phone service, these are held with a professional counsellor in complete confidence. This means members can speak freely, knowing that what they say won't be shared with their employer.

## Supporting managers too

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Members aren't the only ones who our EAP can help.

Managers may not have the experience or training to deal with an individual who tells them about a personal problem. Knowing that our EAP service is available reassures managers that they can offer assistance, even if it's simply to direct their colleague towards the service.

Similarly, managers can avail of the counselling service themselves and can also call up and ask for advice on how to deal with an individual who has asked for help.

## Who can be helped?

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Stress and anxiety can affect anyone, no matter what their title, responsibility or experience is.

Counsellors are trained to understand and advise on a wide range of difficulties, no matter who is experiencing them.

## Making a positive difference

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Many large organisations now offer Employee Assistance Programmes because they have a duty of care towards their employees. The results are very positive with research\* showing that

**employees see counselling/psychotherapy as the key provision for health maintenance. 76% of Dublin workers feel there is a need for counselling in the workplace.**

\*Irish Association for Counselling and Psychotherapy, IACP, survey 2013

Need help?  
Just call

If you're worried about something, don't hesitate to contact our helpline on

**1850 718 888**

[www.irishlifehealth.ie](http://www.irishlifehealth.ie)

Irish Life Health's Employee Assistance Programme is provided by EAP Consultants Limited.

Lines are open 24 hours a day, 365 days a year and you'll speak directly to a qualified counsellor



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For more information on our  
Employee Assistance Programme  
visit [irishlifehealth.ie](https://www.irishlifehealth.ie).