

# Employee Assistance Service.

The Employee Assistance Service is a free and confidential service that provides wellbeing support to teachers, SNAs and all school staff. This service is provided by Spectrum.Life.

Your Employee Assistance Service is available 24/7, 365 days a year, providing\*:

**'In The Moment' Support**

**Online Cognitive Behavioural Therapy**

**Referral to Counselling**

\*On the initial contact, our case manager will complete a quick assessment and when appropriate, referral to short term counselling will be made.

**Register for your wellbeing app:**  
[wellbeingtogether.spectrum.life/login](https://wellbeingtogether.spectrum.life/login)  
Organisation code: YLViiU17

**SMS:**  
Text 'Hi' to 087 145 2056  
**WhatsApp:**  
Text 'Hi' to 087 369 0010  
**Freephone IRE:**  
1800 411 057



**Scan the QR Code to learn more**



An Roinn Oideachais  
Department of Education

