

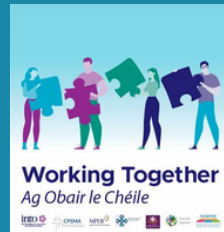
# External Links

The following resources may be useful to school staff:

## Employee Assistance Service



## Working Together / Ag Obair le Chéile



## Right to Disconnect



## Healthy Workplace Framework



## HSE Balancing Stress Programme



## The Five Ways to Wellbeing



## HSE Minding Your Wellbeing



## Spunout Navigator



## My Mental Health Plan

