

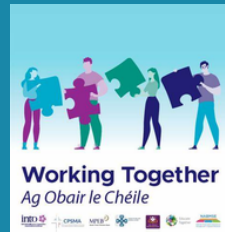
External Links

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

