



Teachers, in recognition of the valuable job you do and the challenges it can bring the Department of Education offer a range of supports.

You will find details at [Employee Assistance Service](#)

Freephone Helpline 1800 411 057 or text 'Hi' to 087 369 0010 to avail of EAS support on SMS & WhatsApp

The EAS provides advice to employees on a range of issues including wellbeing, legal, financial, bereavement, conflict, mediation etc. The EAS also provides advice and support to managers and delivers interventions to help them deal with health and wellbeing issues in the workplace.

Where appropriate, short-term counselling is available to employees and their family members. A family member includes a spouse, civil partner or dependent, where the family member can be described as a person over the age of 18 and residing at the family home. In addition, online cognitive behavioural therapy is also provided to employees.

A bespoke wellbeing portal and app is available offering a host of online services with access to live chats, videos, podcasts and blogs on topics around mental health, family life, exercise and nutrition. The platform is available via Web, iOS App or Android App.

As part of the EAS, a Mental Health Promotion Manager is also available to develop and deliver evidence based mental health and wellbeing initiatives. Spectrum.Life also provides a series of webinars and presentations to promote wellbeing in schools.

How do I access the EAS?

The EAS is accessible through the dedicated **Free-phone Confidential Helpline** at **1800 411 057** and is available 24 hours a day, 365 days a year. Alternatively, text 'Hi' to 087 369 0010 to avail of EAS support on SMS & WhatsApp.

Employees can access the Spectrum.Life wellbeing portal as follows:

- Sign Up link at: <https://wellbeingtogether.spectrum.life/login?org=yVIIU17>
- Organisation code will be pre-populated. If not, organisation code is yVIIU17
- Log in thereafter at: <https://wellbeingtogether.spectrum.life/login>
- Access the Wellbeing Webinar Calendar via the online portal at: <https://wellbeingtogether.spectrum.life/personal/my-company>
- Access the weekly Wellbeing Live Events at: <https://wellbeing.spectrum.life/wellbeing-series-2020/>