

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*:

- ✓ Online Cognitive Behavioural Therapy
- ✓ 'In The Moment' Support
- ✓ Referral to Counselling



Scan the QR Code
to head to our app



*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:

<https://wellbeingtogether.spectrum.life/login> | Organisation code: yVlIU17

SMS

Text 'Hi' to 087 145 2056

WhatsApp

Text 'Hi' to 087 369 0010

Freephone IRE

1800 411 057