

# Employee Support Service There for you 24/7

## It helps to talk

This service  
is free to you!

At one time or another we all experience difficulties that can leave us feeling overwhelmed.

Issues at work, relationships worries, family pressures, bills piling up, they can all make us anxious and reduce our sense of purpose and wellbeing.

Sometimes just talking to friends or family can help but other times it may be better to talk to someone trained to listen who can offer support, guidance and a fresh outlook.

That's where we come in. We are Inspire Workplaces.

Inspire Workplaces is an independent source of support. This service is free to you. Take the first step, lift the phone, and contact Inspire Workplaces to talk to someone who can help you to access specialist support and information.

You can call us anytime, (24/7, 365 days a year).

We are committed to protecting your confidentiality and anonymity.

For free, confidential and  
immediate support call  
**1800 201 346**

Free, confidential &  
immediate support



Further details can be found on  
[www.ul.ie/hr/employee-support-service](http://www.ul.ie/hr/employee-support-service)  
or by contacting  
the confidential freephone number -  
**1800 201 346**



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[inspirewellbeing.org/workplaces](http://inspirewellbeing.org/workplaces)

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