

Dear MCare Staff,

Inspire Therapeutic and Wellbeing Services are pleased to announce the implementation of the Employee Assistance Programme for staff across Northern Ireland. As a Social Enterprise we are committed to supporting organisations in all sectors across Ireland with employee health and wellbeing. We currently support 750,000 employees and 180,000 students across UK and Ireland with a range of wellbeing support services including the N Ireland Civil Service, the Education Authorities, NI Ambulance Service, N Ireland Fire & Rescue, Bombardier Aerospace, Queen's and Ulster University.

This confidential counselling service can provide you with independent counselling and support and is complementary to MCare's welfare support services, existing policies and procedures and is an important additional resource to support staff.

Each person will have access to a 24 hour telephone support line, legal and financial guidance and up to 6 x 1 hour confidential counselling sessions applying the brief solution focused model. Everyone can self refer and the counselling can be delivered, in your own time, either online video, over the telephone or face to face at locations throughout Northern Ireland.

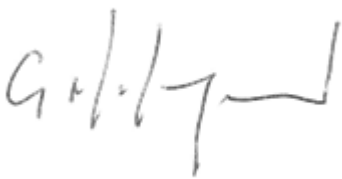
The service guarantees the privacy and confidentiality of users and all aspects of work with the counsellor are confidential within strict, professional counselling guidelines clarified with staff at the beginning of the counselling process.

Many of us experience difficulties or encounter issues that cause us distress, either at work or at home. The Inspire Therapeutic counsellors can help people to deal with a variety of issues such as: emotional/personal difficulties; marital/family issues; financial difficulties; work/career issues such as work stress or work relationships.

Irrespective of what difficulties you may be going through, the Inspire Workplaces counsellors have a sensitive and practical approach; a 6 session goal orientated methodology is used with the aim of empowering individuals to work towards a solution.

The service is being provided for you free of charge and we are here to support you. A trained counsellor will be there to talk to you at any time and can be contacted on: **0800 389 5362** or via **workandstudy@inspirewellbeing.org**

Sincerely,



Gavin Megaw,

Assistant Director of Therapeutic and Wellbeing Services

