



**To: The Managerial Authorities of Recognised Primary, Secondary, Community
and Comprehensive Schools
and
The Chief Executives of Education and Training Boards**

**New Employee Assistance Service (EAS) Provider
'Wellbeing Together: Folláine le Chéile'**

1. Introduction

- 1.1 An Occupational Health Strategy is in place as a supportive resource for employees. The aim of this strategy is to promote the health of employees in the workplace, with a focus primarily on prevention rather than cure. The Occupational Health Strategy comprises the Employee Assistance Service (EAS) and the Occupational Health Service (OHS).
- 1.2 The EAS is currently available to teachers, special needs assistants and also for clerical officers/caretakers employed under the 1978/79 Scheme.

2. New EAS Provider

- 2.1 Following the Office of Government Procurement (OGP) tendering process, Spectrum.Life has been awarded the new EAS contract from 26th July, 2020. The service for these employees will be known as 'Wellbeing Together: Folláine le Chéile'.

3. EAS

- 3.1 The EAS is a self-referral service where employees have access to a dedicated free-phone confidential helpline 1800 411 057, available 24 hours a day, 365 days a year. Each telephone call is answered by a Case Manager who is a qualified counsellor. Employees can also text 'Hi' to 087 369 0010 to avail of EAS support on SMS & WhatsApp.
- 3.2 The EAS provides advice to employees on a range of issues including wellbeing, legal, financial, bereavement, conflict, mediation.
- 3.3 The EAS also provides advice and support to managers and delivers interventions to help them deal with health and wellbeing issues in the workplace.
- 3.4 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.
- 3.5 Spectrum.Life provides a tailored service to cater for employee's specific wellbeing needs. 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.
- 3.6 As part of the EAS, a Mental Health Promotion Manager is also available to develop and deliver evidence based mental health and wellbeing initiatives to reduce stigma and improve mental health and literacy and to increase engagement with the service. Spectrum.Life will also be providing a series of webinars and presentations to promote wellbeing in schools during the upcoming school year.

Alfie Barrett
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24th July, 2020