



Irish Life  
health

Boston  
Scientific



## Healthy Minds

Employee Assistance  
Programme

Because we all need  
a healthy mind  
as well as a healthy body

## Making your mental health your number one priority

From minor concerns to more serious issues, life's challenges come in all sizes. No matter how small or challenging the problem, the Healthy Minds Employee Assistance Programme delivers all-round support, all year round. Better yet, use the resources available to stay on top of your mental wellbeing so you're better prepared to handle an issue if it arises.

Through the confidential helpline, you can speak directly to a counsellor. If face-to-face counselling or immediate assistance is needed, you will be referred to a Healthy Minds EAP counsellor.



**01 562 5150**

## Support when you need it

If there is a problem, don't assume it needs to be a major crisis. Healthy Minds EAP offers help with a huge variety of issues.

Maybe a landlord won't return a deposit. Perhaps work is taking over too much of your life. Or more seriously, depression could be having a negative impact on your life. Whatever your problem, we've got professionally trained counsellors on hand to listen and give you considered, impartial and practical advice.

## Support where you need it

Minding your mental health is easier with more ways to access support when you need it.



Phone



Online  
Self Assessments



Live Chat



Video  
Counselling



Face-to-face

Support  
**24/7**  
365 Days  
a Year



Counselling



Legal  
Issues



Financial  
Issues



Relationship  
Issues



Work-Life  
Balance



Bereavement



Anxiety



Life  
Guidance



Mediation  
Information



Mental  
Health  
Advice



Non-Irish  
National Support

## Digital Wellbeing Platform

### What if you don't feel like talking to someone?

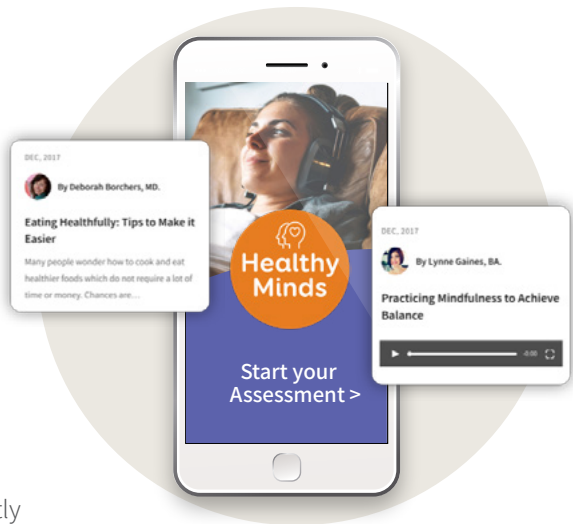
Often we might just want some more information or advice on a topic that's bothering us.

Our Healthy Minds platform gives you just that:

- > Articles
- > Toolkits
- > Podcasts
- > Assessments

all developed to help you understand more about a whole range of issues.

And if you feel like talking to someone afterwards, you can always speak directly to our experts via phone or live chat directly from the app.



Digital Wellbeing  
Platform

[irishlifehealth.lifeworks.com](http://irishlifehealth.lifeworks.com)



Live Chat  
24/7



Practical  
Day-to-day  
Advice



Simple  
Self  
Assessments

## Need help?



Call Healthy Minds EAP  
**01 562 5150**



Confirm your Irish Life Health  
**policy number**  
and employer name



A Healthy Minds EAP counsellor  
will evaluate  
the level of assistance needed

Depending on your need, you'll then receive one or more of the following:

### General Information

Provided over the phone.  
(Online Resources)

### Specialist Information

Provided over the phone.  
(eg. Legal, Financial,  
Citizens Information)

### Immediate telephone support or counselling

Up to 8 counselling sessions are available, if required

## Confidentiality assured

Rest assured, the service is completely confidential. Our Healthy Minds EAP partner, Telus Health never shares information unless there's an immediate danger of harm to you or others. You will be asked for relevant information (such as your GP's details) - but only if this is necessary. All personal data is securely stored and is governed by Data Protection legislation.

Terms and conditions apply. Healthy Minds is provided by Telus Health and is available on all hospital plans. Healthy Minds gives you access to a dedicated counselling and advisory service, via telephone or webchat, and access to an online portal which provides self-assessment tools and content (for members aged 16 years and over). If your telephone counsellor deems it clinically appropriate, up to 6 counselling sessions may be arranged through Telus Health via phone or video call, or in-person (for members aged 18 years and over). Please see your Table of Cover and Membership Handbook for details.

Information correct as of October 2023.

Healthy Minds EAP is available on selected plans only.

Please see your table of cover to confirm EAP benefit is available on your plan.

Irish Life Health dac is regulated by the Central Bank of Ireland.