



Healthy Minds

Employee Assistance
Programme

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



Call or
Live Chat
24/7



Practical
Day-to-day
Advice



Simple
Self
Assessments

Call 01 5625150
or visit **MyClinic** on
your Irish Life Health online account

Healthy Minds service provided through Lifeworks by Morneau Shepell. General terms & conditions apply, see Table of Cover and membership handbook for details on exactly what's covered. Available on all hospital plans. Members must be 16 years of age to avail.

Digital platform and MyClinic available to Irish Life Health members only. Irish Life Health dac is regulated by the Central Bank of Ireland.

Terms and conditions apply.

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