



To: The Managerial Authorities of Recognised Primary, Secondary, Community and Comprehensive Schools

Extension of the Employee Assistance Service (EAS)

1. Introduction

- 1.1 Promoting the wellbeing of our school communities is a fundamental element of the Department's overall plan to ensure a successful return to school as we continue to manage the impact of the COVID-19 pandemic.

2. Extension of the EAS

- 2.1 As part of a range of measures to support schools for a full re-opening at the commencement of the 2020/21 school year, the EAS is extended to all school staff with effect from the date of this Information Note.

3. The EAS

- 3.1 The EAS is in place as a supportive resource for employees. It is a self-referral service where they have access to a dedicated free-phone confidential helpline 1800 411 057, available 24 hours a day, 365 days a year. The current EAS provider is Spectrum.Life.
- 3.2 The EAS provides advice to employees on a range of issues including wellbeing, legal, financial, bereavement, conflict, mediation and also provides support and advice to managers.
- 3.3 Where appropriate, short-term counselling is available to employees and their family members.
- 3.4 The EAS 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. In addition, online cognitive behavioural therapy is also provided to employees.
- 3.5 Employees can access the Spectrum.Life wellbeing portal by signing up at link: <https://wellbeingtogether.spectrum.life/login?org=yVlIU17>
- 3.6 Further information on the EAS is available on the Department's website. [Department's website](#).

4. Circulation of Information Note

- 4.1 Please ensure that copies of this information Note are provided to all members of the Board of Management/ and its contents are brought to the attention of staff in your employment including those on leave of absence.
- 4.2 This Information Note can be accessed on the Department's website at www.education.ie

Alfie Barrett
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Teacher/SNA Terms & Conditions Section
14th August, 2020