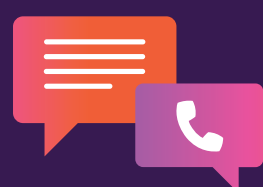


Employee Assistance Service

Our Employee Assistance Service (EAS) will have two access points, one for education and training board staff and one for teachers and SNAs under the Department of Education.



24/7



Our EAS is available 24/7, 365 days a year providing:

- Counselling
- Online Cognitive Behavioural Therapy

On the initial contact, our case manager will complete a quick assessment when appropriate, our referral to short term counselling will be made.

Sign Posting For:

- Legal Information
- Financial Information
- Consumer Information
- Career Guidance
- Life Coaching
- Mediation
- Health Information
- Cancer Support
- Autism Support
- Infertility and Pregnancy Loss
- Elder Care Support
- Parent Support
- International Employee Support

Accessing the EAS for Teachers & SNAs

Free Phone: 1800 411 057

SMS & WhatsApp: Text 'Hi' to 087 369 0010

Email: eap@spectrum.life

Register for your wellbeing app

Register Link:

<https://wellbeingtogether.spectrum.life/login>

Organisation code: yIVIIU17

Accessing the EAS for All Remaining Staff

Free Phone: 1800 814 243

SMS & WhatsApp: Text 'Hi' to 087 369 0010

Email: eap@spectrum.life

Register for your wellbeing app

Register Link:

<https://app.spectrum.life/login>

Organisation code: YQHALfbW