

Marketing Collateral Guidelines

As the resource marketing collateral contains information that may be sensitive to certain individuals, it is important to be conscious of how and where it is being communicated.

We do recommend that you continue to place them in public spaces like staffrooms to ensure we are working towards removing any stigma associated to reaching out for help, however in addition to this, the below options might be considered.

- **Accessibility:** Where possible, and keeping mindful of green policies, print out the posters. Many of the future posters will contain QR codes so colleagues can scan and get in-the-moment access to recourses
- **Privacy:** Materials containing info on contacting the Employee Assistance Programme (EAS) can be placed in areas such as bathrooms cubicles, to allow colleagues the chance to take note of the contact information in their own time.
- **Communication:** Where possible and appropriate, mention the resources and poster placement in staff meetings. Normalising conversation around wellbeing resources is vital to encouraging utilisation.

Employee Assistance Service

The Employee Assistance Service is a free and confidential service that provides wellbeing support to teachers, SNAs and all school staff. This service is provided by Spectrum. Life.

Your Employee Assistance Service is available
24/7, 365 days a year, providing*:

- ✓ Online Cognitive Behavioural Therapy
- ✓ 'In The Moment' Support
- ✓ Referral to Counselling



Scan the QR Code
to head to our app



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

Register for your wellbeing app:

<https://wellbeingtogether.spectrum.life/login> | Organisation code: yIVIU17

SMS

Text 'Hi' to 087 145 2056

WhatsApp

Text 'Hi' to 087 369 0010

Freephone IRE

1800 411 057

Seirbhís Cúnaimh d'Fhostaithe

Is seirbhís saor in aisce agus faoi rún í an tSeirbhís Cúnaimh d'Fhostaithe faoina dtugtar tacaíocht folláine do mhúinteoirí, do chúntóirí riachtanas speisialta agus d'fhoireann uile na scoile. Is iad Spectrum.Life a chuireann an tseirbhís seo ar fáil.

Tá do Sheirbhís Cúnaimh d'Fhostaithe ar fáil **24/7, 365 lá den bhliain**, agus cuirtear an tacaíocht seo a leanas ar fáil*:

- ✓ Teiripe Chognaíochta agus Iompraíochta ar Líne
- ✓ Tacaíocht Láithreach
- ✓ Atréorú le haghaidh comhairlithe



Chun an aip a oscailt
scan an Cód QR



*Ar an gcéad teagmháil, déanfaidh ár gcásbhainisteoir measúnú scioptha agus má tá sé oiriúnach, déanfar atréorú le haghaidh comhairlithe ghearrthéarmaigh.

Cláraigh le haghaidh d'aip folláine:

<https://wellbeingtogether.spectrum.life/login> | **Cód na heagraíochta:** ylviiu17

SMS

Téacsáil 'Hi' chuig 087 145 2056

WhatsApp

Téacsáil 'Hi' chuig 087 369 0010

Saorghlao Éire

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