

EAP – Employment Assistance Programme



We would like to remind you that our Employee Assistance Programme is available should anyone be feeling anxious or depressed at this unprecedented time.

This support is run by Spectrum Mental Health and Laya Healthcare.

Please remember, this FREE and CONFIDENTIAL Mental Wellbeing Support Programme is available to all of our staff and their immediate family members.

This service provides 24/7 free and confidential support and is designed to assist our staff in dealing more effectively with any personal or work-related problems they might be facing.

Our EAP provides short-term, solution focused counselling and referral services for employees and their families. This support service can even give you assistance with legal and financial queries amongst other services.

Covid 19

We understand that Covid19 is causing many people a lot of stress, worry and uncertainty at the moment. If you are finding it difficult to cope at this very challenging time, we hope you will reach out and avail of this 24/7 Mental Wellbeing Support.

How to Access Immediate Support:

Website: You can access this free service here by registering on the EAP website www.layaeap.ie which will provide lots of useful information including blogs and live chat with our counsellors.

Just sign in using the company code: **LAYAEAP** and register your account.

Please note that your username can only contain lowercase letters (a-z) and numbers (0-9).

APP: Download the Laya Healthcare 24/7 Mental Wellbeing Support App to your android or I-phone

Phone: Call our Employee Assistance telephone line whenever you need to on 1800 911 909 (ROI) or 0800 0988 350 (NI). You can talk to one of our counsellors over the phone or arrange video or face to face counselling.

Please find more information below and a list of Frequently Asked Questions