

Whatever's on your mind,
call us free and confidentially

0808 800 0002



Lombard House
10-20 Lombard Street
Belfast BT1 1RD

You can contact us by email:
UK - workandstudy@inspirewellbeing.org



Inspire, Inspire Mental Health and Inspire Community Resilience are operating names of Inspire Wellbeing, a company limited by guarantee registered in Northern Ireland **Registered Office:** Lombard House, 10-20 Lombard Street, Belfast BT1 1RD **Company No:** NI025428 **Charity No:** NIC103470. Inspire Disability Services is a company limited by guarantee registered in Northern Ireland **Registered Office:** Lombard House, 10-20 Lombard Street, Belfast BT1 1RD **Company No:** NI073751 **Charity No:** NIC101899. Inspire Workplaces, Inspire Students and Inspire Knowledge & Leadership are operating names of Carecall (NI) Limited, a company limited by guarantee registered in Northern Ireland **Registered Office:** Lombard House, 10-20 Lombard Street, Belfast BT1 1RD **Company No:** NI038960 **Vat Registration No:** 179 1484 72. Inspire (579824), Inspire Mental Health (579825), Inspire Disability Services (585566) and Inspire Community Resilience (579823) are Business Names of Inspire Wellbeing Company Limited By Guarantee **Registered Office:** Creative Spark, Clontygora Drive, Muirhevnamor, Dundalk, Co.Louth. Registered in Dublin, Ireland **Registered No:** 584809 **Directors:** H.McKenna and O.Barr. Inspire Workplaces (585563), Inspire Students (585560) and Inspire Knowledge & Leadership (585572) are Business Names of EAP Consultants Limited **Registered Office:** 36 Fitzwilliam Square West, Dublin 2. Registered in Dublin, Ireland Registration No: 372660 **Directors:** P.McBride, F.O'Kane and L.Hutchinson **VAT Registration No:** 6392660N

Inspire Workplaces is the new name
for Carecall/EAP Consultants

It still helps to talk

Same service,
same people,
new name!



inspirewellbeing.org/workplaces



Inspire is registered with the Registry of Community Trademarks 014013178





This service
is free for you!



Sometimes just talking to friends or family can help but other times it may be better to talk to someone trained to listen who can offer support, guidance and a fresh outlook.

That's where we come in. We are Inspire Workplaces.

Your employer has selected Inspire Workplaces as an independent source of support. This service is free to you. Take the first step, lift the phone, and contact Inspire Workplaces to talk to someone who can help you to access specialist support and information.

You can call anytime (24/7, 365 days a year)

At one time or another we all experience difficulties that can leave us feeling overwhelmed.

Issues at work, relationships worries, family pressures, bills piling up, they can all make us anxious and reduce our sense of purpose and wellbeing.

Inspire Workplaces is the new name for Carecall/EAP Consultants



For free,
confidential
and immediate
support call



0808 800 0002

We are committed to protecting your confidentiality and anonymity.



Inspire Workplaces
wellbeing at work

