

“
I feel really
stressed, what
resources can
I access?
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How can I help
my staff deal with
the incident at
work today?
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TUSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

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I'm finding it hard
to concentrate
with all that is
going on at home.
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“
How can I keep
myself more
active at work?
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Tusla's Health and Wellbeing Department is a national service which offers support to all employees of Tusla, including staff wellbeing workshops, wellbeing challenges and a suite of Critical Incident Stress Management (CISM) services.

Tusla's EAP service provider is there to support all staff with whatever challenges they are facing.

Find out more at www.tusla.ie, email: eap@tusla.ie or phone: 086 143 8390