

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

1800 817 435



26 Upper Pembroke Street  
Dublin 2

Lombard House  
10-20 Lombard Street Belfast BT1 1RD

You can contact us by email:  
Ireland - [workandstudy@inspirewellbeing.ie](mailto:workandstudy@inspirewellbeing.ie)



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.ie/workplaces](http://inspirewellbeing.ie/workplaces)





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 access to specialist information.

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

You can call anytime (24/7, 365 days a year) for telephone advice, access to customised online services, specialist information on health & wellbeing and structured counselling.

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.

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



We are committed to protecting  
your confidentiality and  
anonymity.

