



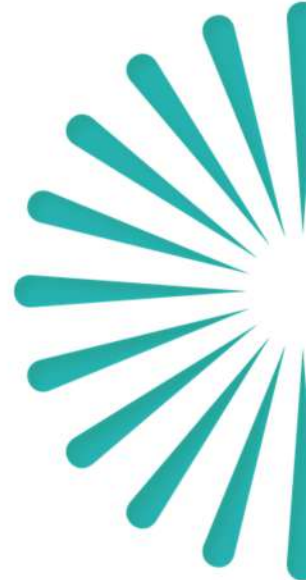
The right support,
at the right time.



Tusla Fostering is working with Lena (By Inspire) to provide a range of wellbeing information, guidance, screening, information tools, and counseling supports to foster carers which are private and confidential.



More info on the Lena Support Hub



Our digital Hub provides access to a range of online wellbeing information, guidance, screening and intervention tools. It's constantly being reviewed and refreshed with new content.

It includes:

Guided self-assessment via 'iHelpr chatbot'

- Our chatbot will guide you to personalised recommendations to support your needs.

Self-help courses and digital intervention tools

- A series of self-guided interactive tools including e-learning, to improve your understanding on a range of issues.

'Five ways to wellbeing' database

- The database will help you to identify a range of activities linked to each of the five ways to wellbeing ie: Connect/Be active/Take notice/Keep learning/Give.

Personal dashboard

- A personal area of the Hub highlighting recommended resources, featuring a mood and sleep tracker alongside a gratitude diary where you can take time to reflect.
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Scan the QR code to access the Hub or visit lenasupporthub.com
Your unique registration PIN is: **TUSLAFOS**

We all experience challenges



At one time or another we can all feel overwhelmed. At times like these, it may be helpful to speak with someone trained to listen who can offer advice, guidance, and a fresh approach.

Expert care, with you at the centre.

The support available via Lena is fully independent and provides you with access to a range of mental health and wellbeing interventions, including:

- A free and confidential 24/7 helpline, available 365 days a year.
 - Rapid access to therapeutic support provided locally by qualified, empathetic and experienced counsellors.
 - Structured counseling delivered face-to-face, by telephone, or by video.
 - Online information, self-help tools, and resources hosted on our digital Support Hub.
 - Legal (eg relationship difficulties, consumer rights, property issues) and/or financial information (eg debt management, budgeting, understanding financial products) and signposting.
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What to expect:

Therapy focuses on finding solutions to the problem at hand, by agreeing outcomes and goals.

Our therapists will support and encourage you to believe that change is possible. They will work alongside you to identify the strengths, skills and resources that you possess and can draw on to resolve the issue.

Your wellbeing, understood.



What our clients say:

'Making the phone call for help was so difficult, but the person on the other end of the call was so lovely, helpful and genuine.'

'From day one, (my Lena therapist) was friendly, welcoming, supportive and a listening ear which was just what I needed.'

Tel: 1800 817 433

Email: support@lenabyinspire.com



Visit: lenasupporthub.com
and complete the
'Add me' form.

  @lenabyinspire



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Lena (By Inspire) is an operating name of Carecall (NI) Limited, a company limited by guarantee in Northern Ireland (NI038960) and of EAP Consultants Limited, a company registered in Ireland, (372660).