



## Information Note TC 0014/2021

**To: The Managerial Authorities of Recognised Primary, Secondary, Community and Comprehensive Schools**

### **Extension of the Employee Assistance Service (EAS) – 2021/22 school year**

#### **1. Introduction**

- 1.1 The Department recognises the importance of wellbeing for our school communities. Wellbeing promotion is a fundamental element of the Department's overall plan to support schools as we continue to manage the impact of the COVID-19 pandemic.

#### **2. Extension of the EAS**

- 2.1 As part of a range of measures to support schools for a full re-opening at the commencement of the 2020/21 school year, the EAS was extended to all school staff. This Information Note advises that the EAS is extended to all school staff for the 2021/22 school year.

#### **3. The EAS**

- 3.1 The EAS is in place as a supportive resource for employees. It is a self-referral service where employees have access to a dedicated free-phone confidential helpline 1800 411 057, available 24 hours a day, 365 days a year. The current EAS provider is Spectrum.Life.
- 3.2 The EAS provides advice to employees on a range of issues including wellbeing, legal, financial, bereavement, conflict, mediation. It also provides support and advice to managers to help them deal with health and wellbeing issues in the workplace.
- 3.3 Where required, short-term counselling is available to employees and their family members.
- 3.4 Under the EAS, a bespoke wellbeing portal and app is available offering a host of online services with access to live chats, videos, podcasts and blogs on topics around mental health, family life, exercise and nutrition. In addition, online cognitive behavioural therapy is also available to employees.
- 3.5 Spectrum.Life also provides a series of webinars and presentations to promote wellbeing in schools.



3.6 Employees can access the Spectrum.Life wellbeing portal by signing up at link: <https://wellbeingtogether.spectrum.life/login>

3.7 Further information on the EAS is available on the [Department's website](#).

#### **4. Circulation of Information Note**

4.1 Please ensure that copies of this information Note are provided to all members of the Board of Management and its contents are brought to the attention of staff in your employment including those on leave of absence.

4.2 This Information Note can be accessed on the Department's website at [www.education.ie](http://www.education.ie)

**Clare Butler**  
**Principal Officer**  
**Teacher/SNA Terms & Conditions Section**

**21<sup>st</sup> June 2021**