

# YOUR EMPLOYEE ASSISTANCE PROGRAMME



Staying on top of it all can  
sometimes feel like a tall order



## WORK-LIFE BALANCE DAY IS 1<sup>st</sup> MARCH 2011

As the boundaries between our work and personal lives become increasingly blurred, it can be difficult to establish a good work-life balance. Let your EAP help you by providing support on issues including setting priorities, managing your workload, protecting your private time, looking after your health and well-being, simplifying your life, and more.

Your Employee Assistance Programme is a free, confidential, and independent resource to help you balance your work, family, and personal life. Available anytime, any day, by phone, email, or online, the service provides information, resources, referrals, and counselling on any issue that matters to you.

**FREEPHONE:  
1800 300 061**

**EMAIL:  
[eap@vhics.ie](mailto:eap@vhics.ie)**

**OUTSIDE THE  
REPUBLIC:  
0800 051 3763**