

# The Employee Assistance Programme



Arrange telephone & face-to-face counselling, specialist information and coaching services by calling **Freephone 1800 995 956** or emailing **[eap@vhics.ie](mailto:eap@vhics.ie)**

We cover a full spectrum of issues such as:



Family & Relationships



Emotional Health



Legal Concerns



Work Issues



Managing Money



Parenting



Diet & Nutrition



Property & Tenancy



Work-Life Balance

