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Employee Assistance Programme

**Your free, confidential mental
health service, delivered by
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app, or explore the platform:
app.spectrum.life/login
Org Code: 0VohvkYk

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International:
+353 1 5180277



**Speak directly with a qualified counsellor from the moment
you get in touch. They'll assess your needs and ensure you're
matched with the right support. Book your initial mental health
consultation at a time that suits you through the platform or app.**

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