

Occupational Health Strategy

An Occupational Health Strategy has been put in place as a supportive resource for teachers and special needs assistants and for Clerical Officers and Caretakers employed in National Schools under the 1978/79 Scheme and Clerical Officers employed in Post Primary Schools under the 1978 Scheme.

The aim of this strategy is to promote the health of employees in their workplace, with a focus primarily on prevention rather than cure. The Occupational Health Strategy comprises the Employee Assistance and Wellbeing Programme (EAWP) and the Occupational Health Service (OHS).

Employee Assistance Service (EAS)

Following the Office of Government Procurement (OGP) tendering process, [Spectrum.Life](#) has been awarded the new EAS contract from 26th July, 2020. The service for these employees will be known as 'Wellbeing Together: Folláine le Chéile'. See [Information Note TTC 004/2020](#)

The EAS provides advice to employees on a range of issues including wellbeing, legal, financial, bereavement, conflict, mediation etc. The EAS also provides advice and support to managers and delivers interventions to help them deal with health and wellbeing issues in the workplace.

Where appropriate, short-term counselling is available to employees and their family members. A family member includes a spouse, civil partner or dependent, where the family member can be described as a person over the age of 18 and residing at the family home. In addition, online cognitive behavioural therapy is also provided to employees.

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 provided to employees. The platform is available via Web, iOS App or Android App.

As part of the EAS, a Mental Health Promotion Manager is also available to develop and deliver evidence based mental health and wellbeing initiatives. Spectrum.Life will also be providing a series of webinars and presentations to promote wellbeing in schools during the upcoming school year.

How do I access the EAS?

The service is accessible through the dedicated **Free-phone Confidential Helpline at 1800 411 057** and is available 24 hours a day, 365 days a year or text 'Hi' to 087 369 0010 to avail of EAS support on SMS & WhatsApp.

Employees can access the Spectrum.Life wellbeing portal as follows:

- Sign Up link at: <https://wellbeingtogether.spectrum.life/login?org=yVIIU17>
- Organisation code will be pre-populated. If not, organisation code is yVIIU17
- Log in thereafter at: <https://wellbeingtogether.spectrum.life/login>