



Folláine le Chéile Wellbeing Together

Welcome to Wellbeing Together with Spectrum.Life

Your Employee Assistance Service (EAS) and Wellbeing App!

What is the Employee Assistance Service (EAS)?

The Employee Assistance Service (EAS) is a confidential counselling service. It provides support to employees, in addition to their spouse, civil partner or dependent, where the family member can be described as a person over the age of 18 and residing in the family home.

Our EAS is available 24/7, 365 days providing counselling and Online Cognitive Behavioural Therapy. Access sign posting to supports areas such as, infertility & pregnancy loss, elder care support, parent coaching, international employee support, legal information, financial information and more.

Access the EAP directly:

Freephone IRE: 1800 411 057:

WhatsApp & SMS: Text 'Hi' to 087 369 0010

(standard rates apply)

What is the Spectrum.Life App/Portal?

This is your very own wellbeing app that provides you with access to hours of wellbeing content. Topics covered are based on the three core areas of mental wellbeing, nutrition and exercise. Track your steps and kilometers, find recipes, log and track your calories, find fitness plans to suit your needs, and complete courses in stress management, sleeping better, dealing with anxiety and more!

In recent months we have been focusing on supporting you through videos and podcasts on:

Staying Well during COVID-19 | Home HIIT Class | Home Yoga Class |

Home Mindfulness Class | Home Movement Class | Setting Up Your Remote Desk

All of the above is delivered by our leading experts in their areas,

We release a health & wellbeing podcast twice a week on the app/platform too!

Register now by the following link

(the organisation code has been prefilled):

<https://wellbeingtogether.spectrum.life/login?org=yVIIU17>

Log In Anytime Thereafter By Going To:

<https://wellbeingtogether.spectrum.life/login>

Pro Tip: Use Google Chrome to ensure the best performance of the platform!



To view our Privacy Statement, please click [here](#).



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