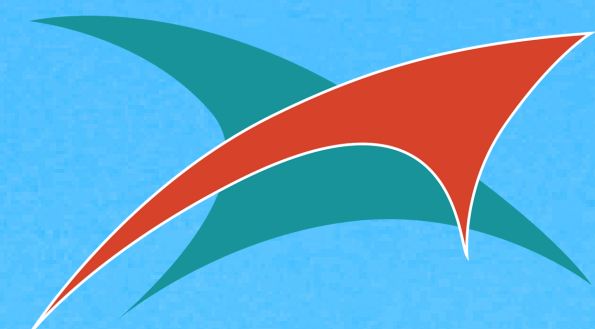


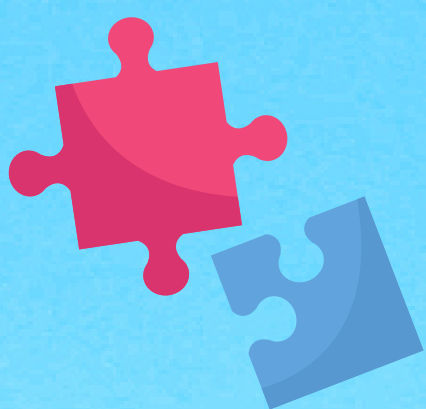
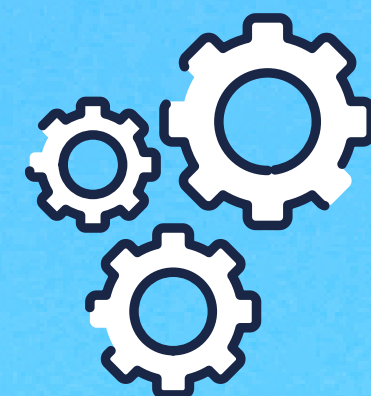
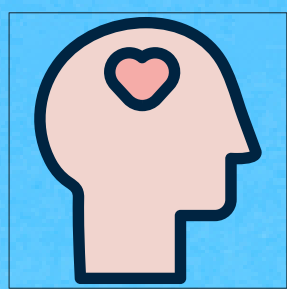
10th October 2020

Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse



Civil Service Employee
Assistance Service

World Mental Health Day



During this uncertain time Civil Servants are adapting to new ways of both living and working. Navigating through various challenges such as balancing work and home commitments mean it is essential we are equipped with personal strategies to maintain good mental health.

The Civil Service Employee Assistance Service (CSEAS) is here to help you work through any challenges you might be facing and can work with you to enhance your overall wellbeing.

**Visit our website page on World Mental Health day:
<https://www.cseas.per.gov.ie/world-mental-health-day-2020/>**



On-duty EAO available at 0761 000 030

Mon - Thurs: 9am to 5.45pm*

Fri: 9am to 5.15pm*

*(except bank/public holidays)



Email: cseas@per.gov.ie
www.cseas.per.gov.ie