

7th - 11th October 2019

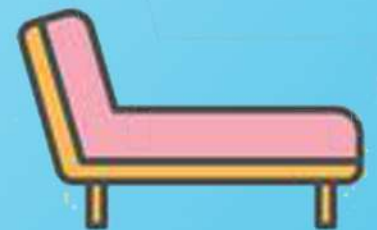
Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse



Civil Service Employee
Assistance Service



World Mental Health Week



In a fast paced pressured world, it is essential that we are equipped with personal strategies to enjoy optimal mental health.

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

www.cseas.per.gov.ie/mental-health-week-2019



On-duty EAO available at 0761 000 030

Mon - Thurs: 9am - 5.45pm*
Fri: 9am - 5.15pm
*(except bank/public holidays)

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



An Roinn Caiteachais
Phoiblí agus Athchóirithe
Department of Public
Expenditure and Reform