



# CSEAS

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## CIVIL SERVICE EMPLOYEE ASSISTANCE SERVICE

The CSEAS provides a wide range of free and confidential\* supports to all civil servants.

If you are struggling with anything, whether work-related or in your personal life, we can support you to work through it.



**0818 008 120** *Mon to Thu 9 - 5:15, Fri 9 - 5*



**cseas@per.gov.ie**



**www.cseas.per.gov.ie**



*\*Exceptions to confidentiality apply, please see our website*