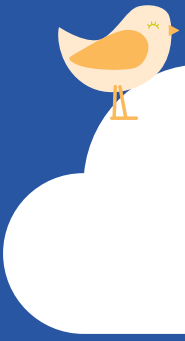


Wellbeing Supports for Staff



spectrum
.life

**Employee
Assistance
Service**



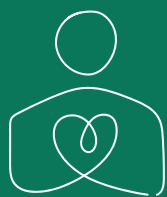
**text about it
text TUDUB
50808**



turn2me
professional mental health
support online



**TU Dublin
Contact
Colleagues**



**TU Dublin Pastoral
Care & Chaplaincy
Services**



**TU Dublin
Safety, Health
& Welfare**



**Speak Out
Tool**



**People
Development
Wellbeing
Webinars**



**TU Dublin
HR Leave &
Benefits**



**Silvercloud
Programme**



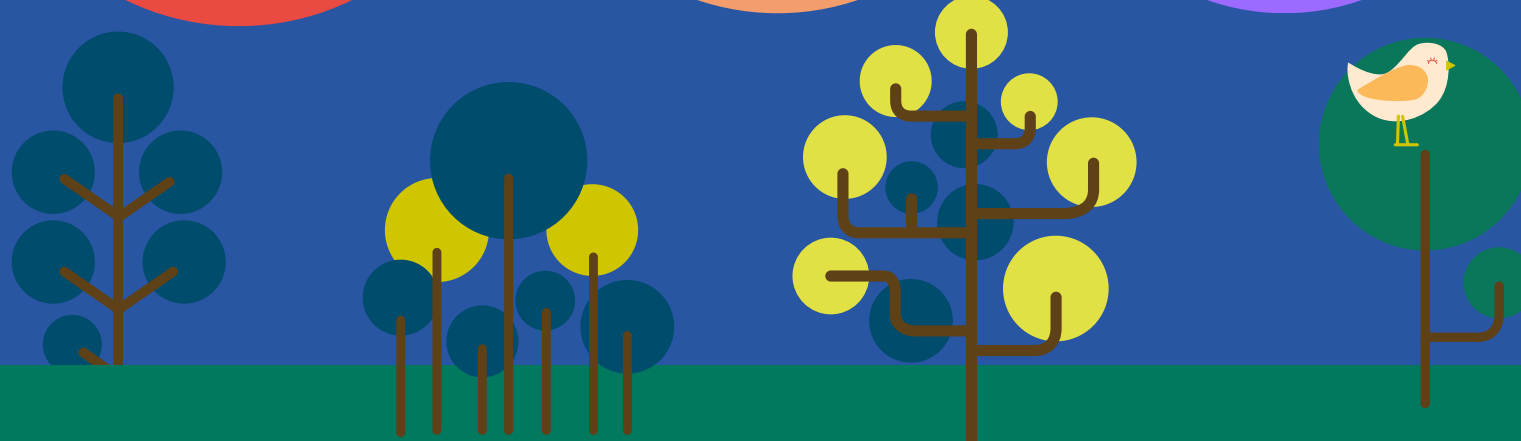
**Family
Carers
Ireland**



**HSE Health &
Wellbeing**



**Irish
Hospice
Foundation
Bereavement
Support**



Contact: Healthandwellbeing@tudublin.ie