



Your Logo Here

Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER

I Am Here takes the liberty of listing the key **external help and support** that is available within the regions of where your organisation and respective Team Members are located. For the purpose of this demo, we have listed below a sample of the external help and support available within Ireland. Please also note that your organisation's **internal** supports would be listed here as well, such as an Employee Assistance Programme.

Ireland	
<div style="text-align: center;">  <p>EMOTIONAL WELLBEING</p> </div> <p>Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.</p>	<p style="text-align: center;">Doctor</p> <p style="text-align: center;">Psychologist, therapist or counsellor</p> <p style="text-align: center;">Samaritans Provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide. www.samaritans.org 116 123 or email jo@samaritans.org</p> <p style="text-align: center;">Pieta House Provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. www.pieta.ie 1 800 247 247 or text HELP to 51444</p> <p style="text-align: center;">Online apps and resources</p>
<div style="text-align: center;">  <p>PHYSICAL HEALTH</p> </div> <p>Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.</p>	<p style="text-align: center;">Doctor</p> <p style="text-align: center;">Physiotherapist/massage therapist</p> <p style="text-align: center;">Dietician/nutritionist</p> <p style="text-align: center;">Personal trainer</p> <p style="text-align: center;">Safe Ireland Provides range of support services for women and children affected by domestic violence and abuse. https://www.safeireland.ie 090 647 9078 or email info@safeireland.ie</p> <p style="text-align: center;">Online apps and resources</p>

 <p>SPIRITUAL WELLBEING</p> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p>	<p>Priest or cleric</p> <p>Reiki therapist</p> <p>Centre for Mindfulness Ireland Offers a range of mindfulness programmes and retreats. https://www.cfmi.ie 086 812 2354 or email info@cfmi.ie</p> <p>Irish Hospice Foundation National charity dedicated to providing end-of-life and bereavement care as well as support services for families and loved ones including access to a Bereavement Support Line. https://hospicefoundation.ie 1 800 807 077 (Bereavement Support Line) 01 679 3188 or email info@hospicefoundation.ie</p> <p>Online apps and resources</p>
 <p>SOCIAL WELLBEING</p> <p>Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.</p>	<p>Social worker</p> <p>Relationship counsellor</p> <p>Life coach</p> <p>Rotary International A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the community and catch up with friends during club programs that fuel the impact Rotary International makes. www.rotary.org</p> <p>Online apps and resources</p>

 <p>FINANCIAL WELLBEING</p> <p>Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.</p>	<p>Financial advisor</p> <p>Bank or credit union</p> <p>Department of Employment Affairs and Social Protection</p> <p>Provides income supports, employment services and other services for a wide range of audiences.</p> <p>www.gov.ie 01 704 3000</p> <p>Online apps and resources</p>
 <p>WORK AND CAREER</p> <p>Working productively and fruitfully, feeling fulfilled, motivated and maintaining a health work-life balance.</p>	<p>Career counsellor</p> <p>Education and Training Boards Ireland (ETBI)</p> <p>Offering includes education resources, HR, IR and legal support, and various training programmes.</p> <p>www.etbi.ie 045 901 070 or email info@etbi.ie</p> <p>Online apps and resources</p>