

Healthy Minds

Employee Assistance Programme

Because we all need a healthy mind as well as a healthy body



Call or
Live Chat 24/7



Practical
Day-to-day
Advice



Simple Self
Assessments

Call 01 562 5150

Digital platform available to Irish Life Health members only.
Irish Life Health dac is regulated by the Central Bank of Ireland. Terms and conditions apply.

Terms and conditions apply. Healthy Minds is provided by Telus Health and is available on all hospital plans. Healthy Minds gives you access to a dedicated counselling and advisory service, via telephone or webchat, and access to an online portal which provides self-assessment tools and content (for members aged 16 years and over). If your telephone counsellor deems it clinically appropriate, up to 6 counselling sessions may be arranged through Telus Health via phone or video call, or in-person (for members aged 18 years and over). Please see your Table of Cover and Membership Handbook for details.