

# Support and Signposting



## SDS Learning Portal

The School Development Service Learning Portal offers ongoing support to schools and has a dedicated section of content designed to support wellbeing for all in the school community. [Existing users can access the portal here](#) and [new users can access the portal here](#), using the one time invite code 52z44M

## EA HealthWell Hub

The [HealthWell Hub](#) provides EA employees with support, education and information on a wide range of topics. The [HealthWell Hub](#) improves EA staff accessibility to key health and wellbeing information and initiatives.

## EA Staff Health and Wellbeing Team

The EA Health and Wellbeing Team is dedicated to supporting the health and wellbeing needs of schools and services. [Find further resources here](#) or get in touch with the team by emailing [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)

## Disability Employment Support Service (DESS)

The DESS team provides advice on reasonable adjustments in the work supporting, in particular, colleagues who have, or who acquire a disability. Get in touch by emailing [equality.unit@eani.org.uk](mailto:equality.unit@eani.org.uk)

## EA Employee Benefits Brochure

The [Employee Benefits Brochure](#) is for all corporate and school based staff showcasing the many great benefits EA offers its employees.

## EA's Health & Wellbeing Champions

Health and Wellbeing Champions are EA employees who volunteer to run and or support wellbeing activities within their workplace as part of the [EA Health and Wellbeing Strategy](#) and help their peers live happier, healthier, and more productive lives. [View our Health and Wellbeing Champions here](#) and if you wish to hear more about the network please email [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)

## EA's Mental Health First Aiders

The EA Mental Health First Aider Network are trained Mental Health First Aiders based in a range of locations, directorates and schools across the EA to offer workplace support and signposting for anyone who is going through some form of mental health issue. [View the Mental Health First Aiders here](#) or to find out more please email [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)

## Key Policies and Procedures linked to staff support

[View our company support orientated policies and procedures here](#)

## EA HealthWell Encyclopaedia

An A to Z health encyclopaedia is [available here](#). This information provided by the NHS equips staff with support and information based on various health conditions.

# External Partnerships

## Inspire Therapeutic & Wellbeing Services

Inspire Therapeutic & Wellbeing Services is a leading provider of workplace wellbeing solutions, delivering mental health and wellbeing support to some of the UK and Ireland's leading private, public and third sector organisations.

EA has selected Inspire Therapeutic & Wellbeing Services as an independent source of support. This service is free to you. Take the first step, lift the phone, and contact Inspire Workplaces to talk to someone who can help you to access specialist support and information. You can call anytime (24/7, 365 days a year)

Contact Inspire free and confidential by phoning 0808 800 0002 You can [view Inspire's information video here](#)

**Inspire**  
**Whatever's on your mind, call us free and confidentially, 24 hours a day, 365 days a year**  
**0808 800 0002**

[workandstudy@inspirewellbeing.org](mailto:workandstudy@inspirewellbeing.org)

**It helps to talk.** Pick up the phone and speak with someone who can help you access the appropriate support.

For tailored online wellbeing support tools and resources, visit: [inspiresupporthub.org](https://inspiresupporthub.org)



## Inspire Online Support Hub

The [Inspire Support Hub](#) provides instant access to a range of information, guidance, screening and intervention tools, tailored specifically to help care for your individual wellbeing needs. [Visit Inspire Support Hub](#) and use the unique **EA Pin: EAHUB**

## Occupational Health Service

The Occupational Health Service provides independent specialist medical advice to support staff health, wellbeing and attendance. Advice on OH can be obtained from HR, People Services by emailing [peopleservices@eani.org.uk](mailto:peopleservices@eani.org.uk)

## Employers for Disability NI

[Employers for Disability NI](#) offer free advice to staff and managers to support staff with disabilities in the workplace, they can be contacted by phoning 07811 267 688

## Directory of services to help improve mental health and emotional wellbeing

Organisations that offer services to help improve mental health and emotional wellbeing within each Health and Social Care Trust area [are available to view here](#).

