Lena By Inspire | SCOUTING IRELAND

Scouter Wellness Assistance Programme

# We all experience challenges.

## Expert care, with you at the centre.

- A free and confidential 24/7 Ireland-based helpline available 365 days a year.
- Rapid access to therapeutic support provided locally by qualified, empathetic and experienced counsellors.
- Structured counselling delivered face-to-face, by telephone, or by video.
- Online information, self-help tools, and resources hosted on our digital Support Hub.

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Contact us free and confidentially:

Tel: 1800 201 346 or 0808 164 0370
Email: support@lenabyinspire.com

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Scan the QR code to access Lena's digital Support Hub or visit: lenasupporthub.com

Your unique registration PIN for the hub is: SCOUTHUB

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Lena (by Inspire) is an operating name of Carecall (NI) Limited, a company limited by guarantee in Northern Ireland (NI038960) and of EAP Consultants Limited, a company registered in Ireland, Reg No.372660.

