



**I am a  
healthcare  
Worker**

**Where do I go for advice & support on COVID-19?**

I have signs & symptoms of COVID-19 virus

I am feeling anxious & worried, stressed & fatigued overwhelmed  
I need to get advice or talk to someone about psychosocial self-care & support or counselling

I need advice & information about COVID-19 at work  
I am looking for contact details for local staff support services

**Local Occupational Health Service**  
<https://bit.ly/2WF6CIY>

**HSE Employee Assistant Programmes Counselling and Psychosocial Supports**  
<https://bit.ly/2xr6C4L>

**HSE Healthcare Worker COVID-19 Helpline**  
**1850 420 420**