

# IPU Mental Health & Wellbeing Webinar



As part of the IPU membership, members have free access to the VHI Employee Assistance Programme (EAP).

This is a confidential service designed to help members cope with all of life's ups and downs. The new VHI EAP portal provides free access to useful information and a wide range of resources that will support users, not only in their working day but in their day-to-day life.