

## Employee Support Service

**Lucy Dowling** *Registered General Nurse, Registered Midwife, Diploma in Occupational Health, Bachelor of Arts (Honours) Psychology, Masters of Arts with a special interest in Stress in Carers.*

Areas of support include:

- **Dealing with stress**
- **Managing anger**
- **Managing anxiety**
- **Building interpersonal relationships**
- **Developing optimism.**

These services are available to individuals or groups across the Saolta Hospitals Group. Telephone **(091 893358)** and e-mail [lucy.dowling@hse.ie](mailto:lucy.dowling@hse.ie)



Additionally the Staffcare helpline is available 24/7 at **1800 409388**.

