

The Inspire Helpline and Counselling Service is now available to **family members** of Defence Forces personnel. A family member is defined as a spouse, partner or adult child (18 years or older) residing at the registered address of a member of the Defence Forces. The Inspire Service is confidential.

The Freephone number is **1800 409673**, Personnel serving **overseas** can access the service using **00 353 1 685 6816**.

Personnel and their families can also use the extensive suite of online support through the Inspire Hub at www.inspiresupporthub.org (see poster below). The Defence Forces unique PIN is DEFENCE.

Any member of the Defence Forces or their families who requires further information on this or any other support matter can contact pss@defenceforces.ie to get in contact with their local support team.



Getting started on the hub

With just a few simple steps you can create your personal profile and start using the Inspire Support Hub.



- **Step One**—Visit: inspiresupporthub.org and on the homepage, click the 'Sign Up' button in the menu
- **Step Two**— Where prompted, enter your company/organisation's unique PIN as below
- **Step Three**— Sign up using your email address and create your password.

Visit the hub today

**Your unique PIN:
DEFENCE**

For technical support, contact us at:
hubsupport@inspirewellbeing.org

