



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 $1800\,\,817\,\,433$, Personnel serving overseas can access the service using $00\,\,353\,\,1800\,\,817\,\,433$.

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.

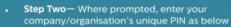
Any member of the Defence Forces or their families who requires further information on this or any other support matter can contact pss@defenceforces.ie to get in contact with their local support team.



Step One—Visit: inspiresupporthub.org
and on the homepage, click the

'Sign Up' button in the menu

Support Hub.



 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





