

# The right help, right now

The new **Inspire Support Hub** widens the support available to you as part of your **Employee Assistance Programme**. The Hub helps to provide the **right help, right now**, giving you instant access to a range of information, guidance, screening and intervention tools tailored specifically to help care for your individual wellbeing needs.

## Bespoke, innovative tools and resources

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### Guided self-assessment via 'iHelp chatbot'

The first step to ensuring you get the right support. Guided self-assessment via our innovative chatbot, with personalised recommendations on the best way forward.



### Self-help courses and digital intervention tools

A series of guided tasks will help you to recognise and build on existing resources, and to put steps in place to resolve difficulties.



### '5 ways to wellbeing' database

Connect, Be Active, Take Notice, Learn and Give. Enter your location, and the interactive map will identify a range of different activities linked to the 5 ways of wellbeing.



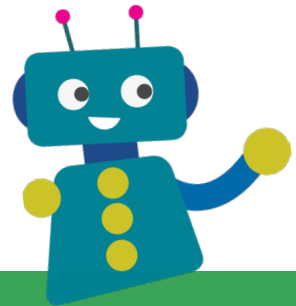
### Wellbeing information library and Bibliotherapy

Expert information and advice on a range of wellbeing areas, and through a selection of book recommendations, the opportunity to engage in the experiences of others.



### Mood Tracker

Getting a good night's sleep can help improve your mood. Rate, track and compare your mood and the number of hours you have slept across the month.



Visit us at: [inspiresupporthub.org](https://inspiresupporthub.org)

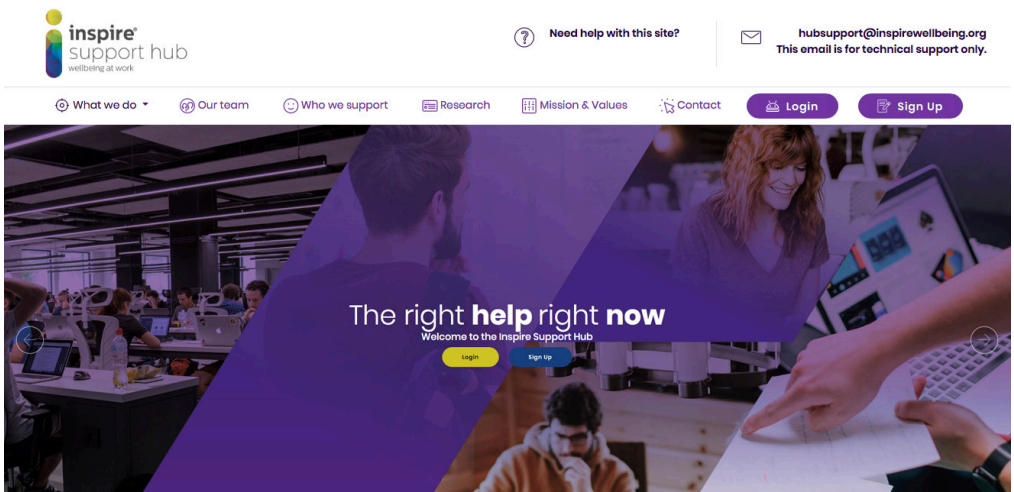
See over for details on how to sign up and start using the hub.

For details of your unique company/organisation PIN, contact your HR or Wellbeing Team. For technical support, contact: [hubsupport@inspirewellbeing.org](mailto:hubsupport@inspirewellbeing.org)

# Getting started on the hub

With just a few simple steps you can create your personal profile and start using the Support Hub. As part of your initial set up, you will be asked for a PIN unique to your company/organisation. Please check with your HR or Wellbeing Team for details.

**Follow the steps below to sign up and start using the hub:**



- Visit: [inspiresupporthub.org](https://inspiresupporthub.org) and on the homepage, click the **'Sign Up'** button, top right
- Where prompted, enter your unique PIN – contact your HR or Wellbeing Team for details
- This will create a randomly generated username – **it's important that you keep a safe note of this as you will need it when logging in each time you visit the hub**
- Create a strong password – follow these guidelines:

**Your password must be at least 8 characters and contain at least one uppercase, one lowercase, one number and one special character such as ! or #**

- Confirm your password and click **'Sign up'**
- On the login page, enter your noted username and password and click the **'login'** button

**Start using the hub!**

For technical support, contact us at: [hubsupport@inspirewellbeing.org](mailto:hubsupport@inspirewellbeing.org)