

The right help, right now

Available as part of the **Player Support Programme**, the **Inspire Support Hub** helps to provide the **right help, right now**, with instant online access to a range of tools and resources tailored to support your individual wellbeing. You'll be guided through evidence-based self-assessment to your own wellbeing plan, with recommendations for proactive next steps and the appropriate support and intervention.

Bespoke, innovative tools and resources



Guided self-assessment via 'iHelp chatbot'

Accessed via your personalised dashboard, **iHelp** is the first step to ensuring that you get the right support. You'll be guided through a self-assessment by our innovative **chatbot** and receive personalised recommendations outlining the best way forward. The areas iHelp can help you with include: **Alcohol, Anxiety, Depression, Self-Esteem, Sleep and Stress**.



Wellbeing information library and Bibliotherapy

Our **comprehensive self-help library** is available as an aid to self-directed learning, providing information and advice in areas such as: **Alcohol, Family, Health, Lifestyle, Mental Health, Stress, Wellbeing and much more**. **Bibliotherapy** is an expressive therapy that involves the reading of specific texts. We've curated a selection of books on a range of topics, giving you the opportunity to engage in the experiences and perspectives of others.



Self-help courses and digital intervention tools

Our range of self-help courses are underpinned by **CBT (Cognitive Behavioural Therapy)-informed self-assessment**. Each course topic has been designed to help you identify and review possible factors that are contributing to your areas of challenge. You'll be guided through a series of tasks that help you to recognise and build on existing resources, and put simple steps in place to resolve these difficulties.



Mood Tracker

By rating your mood, the tracker allows you to view and reflect upon how you've been feeling across the month. Getting a good night's sleep can improve your mood, and by logging the number of hours you've slept, the tracker also allows you to compare the two.



5 Ways to Wellbeing database

Connect, Become Active, Take notice, Keep Learning and Give. Building these small actions into your day-to-day life can help to maintain and improve your wellbeing. Using an evidence-based approach, the database will help you to identify a range of activities linked to each of the 5 ways of wellbeing.

Cricket Ireland and Irish Cricketers' Association in partnership.



Visit us at: inspiresupporthub.org

To sign up online, you'll be prompted to enter a PIN unique to Cricket Ireland and to complete a sign up form. **Your PIN is: CRICKET!**

Whether you're looking for advice or need a little more direction, visit the hub and start your wellbeing journey today.

For Hub technical support, contact: hubsupport@inspirewellbeing.org

