



Óglaigh  
na hÉireann  
IRISH DEFENCE FORCES

## Inspire Counselling

The Inspire Helpline and Counselling Service is now available to family members of Defence Forces personnel beyond December 2020. A family member is defined as a spouse, partner or adult child (18 years or over) 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](http://www.inspiresupporthub.org). The Defence Forces unique PIN is DFOR2019. Please visit [www.military.ie](http://www.military.ie) should you require further information.

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](mailto:pss@defenceforces.ie) to get in contact with their local PSS team.



[www.military.ie](http://www.military.ie)

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