

Health & wellbeing benefits of working in Oberstown

At Oberstown, we take our responsibilities for the health and wellbeing of our staff very seriously.

Initiatives to improve the health and wellbeing of our employees include the following:

- An on-site Occupational Psychologist with access for one to one coaching in a wide variety of areas:
 - Resilience & Stress Management
 - Managing Change
 - Developing more effective Interpersonal relationships
 - Interpersonal skills
 - Career/Professional Development
 - Career Transition
- Peer Support workers on site that are affiliated to the [CISM Network](#) (critical incident stress management) to assist those involved in a critical incident by providing support and follow up, if required.
- Employee assistance programme (E.A.P)
- Health and Wellbeing initiatives such as wellbeing week, operation transformation, national wellbeing at work forum and mental health awareness week
- Restaurant and catering facilities which provide a variety of general and healthy eating options
- Use of campus gym
- Free car parking which includes Disabled persons parking and covered bicycle area
- Health insurance discounts