



Compassion. Assistance. Respect. Empathy.

We're Here to Support You

Medical professionals, medical students, and members of the public who interact with doctors often encounter unique challenges.

CAREhub, provided by Lyra Wellbeing, offers free, trusted, empathetic, and impartial support to help you through stressful or overwhelming times.

Our qualified counsellors provide:

- 24/7 immediate support through telephone counselling
- Structured, counselling sessions
- Access to live chat, email, and phone support on the Lyra Wellbeing Hub platform

Get Started Easily

Access using company code: **IMC**

- Mobile app: Lyra Wellbeing Hub
- Website: [Lyra Wellbeing Hub](#)
- Ireland free 24/7 helpline on 1800 851115
- Out-of country 24/7 helpline: +353 818 370 051
- Email: ukroicustomer@lyrahealth.com



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