



## → Counselling Helpline

**1800 670 407 or (01) 881 8047**

Our professional and confidential counsellors staffing the 24 hour **Counselling Helpline**, provide independent and non-judgmental support. Total anonymity is guaranteed, and the counsellors will give you the opportunity to talk through your troubles and assist you in finding ways of dealing with them.

## → Legal Advice & Domestic Assistance Helpline

**1818 670 707 or (01) 670 7472**

The **ARAG Legal Advice Helpline** will give an insured person confidential legal advice over the phone on any personal legal problem under the laws of the Republic of Ireland and the United Kingdom.

For employment related advice, INMO members should contact their I.R.O.

The **Domestic Assistance Helpline** will arrange help or repairs needed if an INMO member has a domestic emergency in their home, such as a burst pipe, blocked drain, broken window or building damage.

You are responsible for paying the costs for the help.



SCAN ME

Please do not phone us to report a general insurance claim. We will not accept responsibility if the Helpline Services fail for reasons we cannot control. By using these services you agree to us recording your call (except counselling).

ARAG Legal Protection Limited is registered in Republic of Ireland number 639625.  
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[www.arag.ie](http://www.arag.ie)