

enjoyable futures_

If you struggle with mental health difficulties it may mean you have more bad days than good days. We can help you manage your mental health at work so you can enjoy more good days.



The Access to Work Mental Health Support Service is funded by the Department for Work and Pensions meaning there is no charge to use this service.

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Department
for Work & Pensions
In
partnership
with

What support can I get?

You'll be supported by a qualified health care professional, who will:

- _ Help you build a support plan that suits your needs and daily routine
- _ Meet you face-to-face or talk over the phone
- _ Connect you to local specialist support organisations
- _ Give you access to our free online hub, where you can find advice on coping with mental health conditions
- _ Guarantee a 100% confidential service. Your employer, friends or family will not know unless you decide to tell them.

Am I eligible?

Access to Work Mental Health Support Service could be available to you if you can answer yes to the following questions:

- _ Are you aged 16 or over?
- _ Are you in/about to start work?
- _ Do you live in Great Britain?
- _ Do you have mental health difficulties that impact upon your work?

These are just some of the eligibility criteria. The Department for Work and Pensions is responsible for determining eligibility.

Contact us today for more information, we promise to get back to you within one working day.

Freephone 0800 321 3137
8am to 10.30pm
Monday to Friday

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Able Futures is led by Ingeus UK Ltd