

Depressed?

Not eating?

Stressed?

Not coping?

Feeling low?

**Are you juggling
work and your
mental health?**

Not sleeping?

Anxious?

You're not alone.

**If you are
experiencing mental
health difficulties at
work, we can help.**



Department
for Work &
Pensions

In
partnership
with

Remploy in partnership
with **MAXIMUS**

The Access to Work Mental Health Support Service delivered by Remploy is funded by the Department for Work and Pensions.

The service provides confidential support to help you remain in your job. There is no charge to access the service.

Our advisors will help you with:

- Workplace support for nine months
- Coping strategies
- A wellbeing plan
- Workplace adjustments
- Getting support from your employer, if you'd like us to.

You can apply for this service if you:

- Are in permanent or temporary employment (working or signed off sick)
- Have a mental health condition that has made you miss work, or is making it difficult to remain in work.

Get in touch and we'll do the rest:

 **0300 456 8114**

 a2wmhss@remploy.co.uk

 www.remploy.co.uk/mentalhealth

Applications are subject to a decision by Access to Work advisers.

Mental health support

For individuals in work or apprenticeships

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