

Access to Work Mental Health Support Service



Here's an overview of the mental health services we offer to support your staff and apprentices:

For your employees

Juggling too many things at once, as well as busy modern lives, can sometimes cause your staff to have a bit of a wobble. It can be difficult to focus on work, sleep is affected and low mood can set in. Before you know it, things can become a bit too much and they don't know how to get back on track. However, no one should face this alone.

The Access to Work Mental Health Support Service delivered by Remploy, funded by the Department for Work and Pensions, provides confidential mental health support for stress, anxiety, depression, low mood and much more, in the workplace, at no cost.

This service helps anyone:

- In permanent or temporary employment (working or signed off sick)
- With a mental health condition that has resulted in workplace absence or making it difficult to remain in work.

With dedicated support for up to nine months, we cover all the key things like coping strategies, workplace adjustments, practical advice and guidance, as well as a plan to return to work.

Working with employers like you, organisations and teams, we've already helped thousands of people to remain in, or return to work, so our expertise speaks for itself.

Just talk to us and we'll do the rest:

 **0300 456 8114**

 a2wmhss@remploy.co.uk

 www.remploy.co.uk/mentalhealth



For your apprentices

More and more of us are struggling with depression, stress, anxiety, feeling low, having trouble sleeping, or just not right, which can be scary. We don't always know why we don't feel like ourselves and each day can become a little bit harder, both at work and at home. The good news is that your apprentices do not have to face this alone and we're here to help.

The Access to Work Mental Health Support Service for Apprentices, delivered by Remploy, funded by the Department for Work and Pensions, provides confidential support at no cost, to help apprentices stay in work. They can access this service if they are on an apprenticeship programme, and/or have a mental health condition that has resulted in absence or causing difficulties to remain in their apprenticeship.

It covers all the key things such as:

- Workplace support for nine months
- Coping strategies
- A wellbeing plan
- Workplace adjustments
- Practical examples of what you can do as an employer.

Just talk to us and we'll do the rest:

📞 **0300 456 8210**

@ apprentices@remploy.co.uk

🌐 www.remploy.co.uk/mentalhealthforapprentices

For alternative formats, please email communications@remploy.co.uk quoting Ref.R407-Jan19


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