

Take control of your mental wellbeing . . .



with our confidential
Workplace Mental
Health Support Service

Remploy

Putting ability first

jobcentreplus

Department for
Work and Pensions

Our advisors are trained and experienced in supporting mental health at work and will:



About us

Remploy deliver the Workplace Mental Health Support Service in partnership with Access to Work; a Department for Work and Pensions scheme. This service is 100% funded by Government and designed to address workplace barriers relating to mental ill health, in order to help you retain your job.

You don't need to be afraid to ask for some help . . .

If you're experiencing depression, anxiety, stress or other mental health issues that are affecting you at work, then we're here to help.

Your symptoms could include; lack of concentration, mood swings, irritability, withdrawal from social situations or difficulties sleeping.

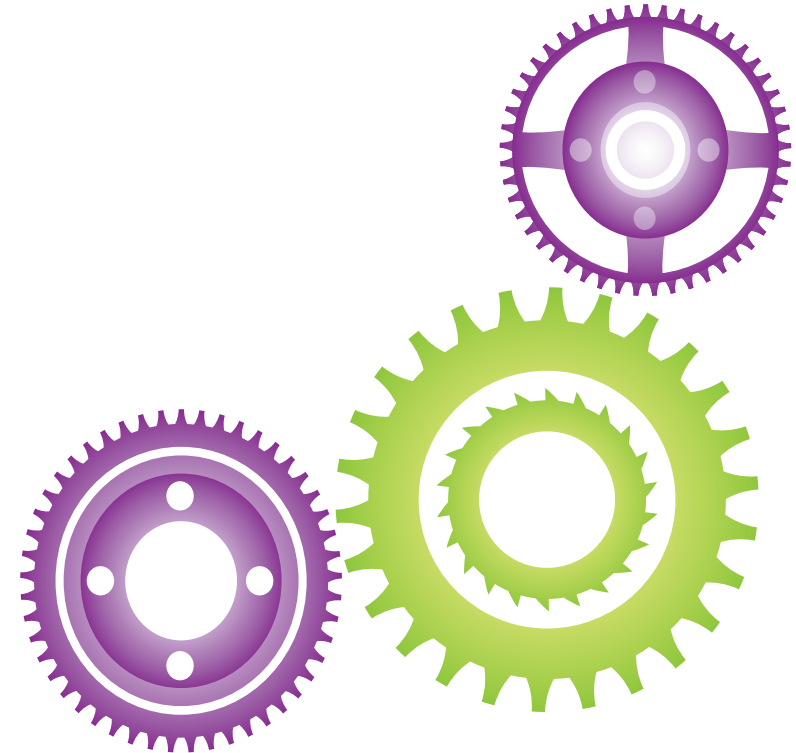
Our free, practical support will help you to overcome the issues you are experiencing at work, so that you can remain in your job.

The service is completely confidential and we will only consult others, including your employer, with your permission.

Eligibility Criteria

To qualify for this service, you must:

- Be in permanent or temporary employment (attending work or signed off sick)
- Have a mental health condition (diagnosed or undiagnosed) that has resulted in workplace absence, or is causing difficulties for you to remain in work.



You're not alone . . .

At least one in four people will experience a mental health problem at some point in their life.

The most common issue is depression mixed with anxiety.

Source: NHS Information Centre for Health and Social Care, 2008

To apply for this service, please contact Access to Work on:

Telephone number:
0845/0345 2688 489

Email address:
atwosu.london@dwp.gsi.gov.uk

Text box:
0845 608 8753

For further information on the WMHSS or to discuss your application, please contact Remploy on:

Tel: 0300 456 8114

Email: vocationalrehabilitation@remploy.co.uk

If you need this information in an alternative format or language, please email: communications@remploy.co.uk quoting ref. 141

www.remploy.co.uk/mentalhealth

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