

able
futures


Department
for Work &
Pensions
In
partnership
with



Get support for mental health at work

Able Futures delivers the Access To
Work Mental Health Support Service
in England, Scotland and Wales

_Support for mental health at work

_Able Futures supports employees, self-employed people and apprentices who are experiencing issues like anxiety, stress or low moods that are affecting them and their mental health at work.

_We give nine months' advice and guidance from a mental health professional who will cover coping mechanisms, self-care routines or reasonable adjustments to help mental health at work.



_Nine months' personalised support from a mental health professional



_Build a mental health support plan and make practical changes to support mental health at work



_There is no cost to use this service, no waiting list and it's 100% confidential



**_Call free on 0800 321 3137
or visit able-futures.co.uk**