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Supporting employee and apprentice mental health

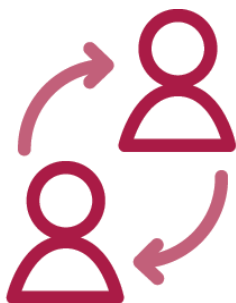
We can all have good days and bad days. Sometimes mental health issues such as anxiety, stress, depression, trauma, bereavement, sleep problems or lack of confidence can play on our minds and affect our time at work, so we need some support to feel better.

Able Futures delivers the **Access to Work Mental Health Support Service** to help employees and apprentices aged 16 and over. You can receive:

_Nine months advice and guidance from a Vocational Rehabilitation Consultant who is a mental health specialist.

_Confidential advice, guidance and information in regular catch ups via phone calls or email, at a convenient time for you.

_A plan to support your mental health by making adjustments, developing coping strategies and learning ways to look after your wellbeing.



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Able Futures delivers the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions and is led by Ingeus UK


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