Are you an apprentice juggling work and your mental health?

Anxious?

Depressed?

Stressed?

You’re not alone.

We can help.

The Access to Work Mental Health Support Service for Apprentices

0300 456 8210

www.remploy.co.uk/mentalhealthforapprentices
The Access to Work Mental Health Support Service for Apprentices, delivered by Remploy, is funded by the Department for Work and Pensions.

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

**We can:**
- Provide support for nine months
- Help you cope better so you can concentrate on your apprenticeship
- Develop a support plan, to get you back on track
- Advise on adjustments you or your employer could make to help you complete your apprenticeship more easily
- Help your employer to understand how they can support you (if you’d like us to).

**Help is available if you:**
- Are about to start or on an apprenticeship programme and finding it difficult to attend or concentrate due to a mental health condition, or
- Have been signed off sick with a mental health condition, (diagnosed/undiagnosed), but want to go back to your apprenticeship.

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

**We’re here to help**

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

- **0300 456 8210**
- apprentices@remploy.co.uk
- www.remploy.co.uk/mentalhealthforapprentices
- Remploy, 18c Meridian East
  Meridian Business Park, Leicester LE19 1WZ

If you would like this information in a different format, please email communications@remploy.co.uk quoting Ref.R271-Oct18