

Supporting your mental health

Do you have depression, stress, anxiety, low mood, an eating disorder, insomnia, or another mental health condition, which is affecting your work?



“You’re not alone”

**Remploy
can help.
Call us on:**

0300 456 8114

jobcentreplus

Department for
Work and Pensions

Remploy in partnership
with MAXIMUS

The Workplace Mental Health Support Service, delivered by Remploy and funded by the Department for Work and Pension, provides free and confidential support to help you remain in your job.

Our workplace advisors will help you with:

- Advice for up to six months
- Coping strategies
- A wellbeing plan
- Workplace adjustments
- Getting support from your employer (if you'd like us to).



You can apply for this service if you:

- Are in permanent or temporary employment (attending work or signed off sick)
- Have a mental health condition (diagnosed or undiagnosed) that has made you miss work, or is making it hard for you to stay in work.

Applications are subject to a decision by Access to Work.

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



0300 456 8114



vocationalrehabilitation@remploy.co.uk



www.remploy.co.uk/mentalhealth



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“We’re here to help”

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