

# Free mental health support

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**

or email

[vocationalrehabilitation@remploy.co.uk](mailto:vocationalrehabilitation@remploy.co.uk)

[www.remploy.co.uk/mentalhealth](http://www.remploy.co.uk/mentalhealth)



Department for  
Work and Pensions

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**Remploy** in partnership  
with **MAXIMUS**