

**Anxious?**

**Are you an apprentice  
juggling work and your  
mental health?**

**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](http://www.remploy.co.uk/mentalhealthforapprentices)



**Department  
for Work &  
Pensions**

In  
partnership  
with

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

# 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.

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## 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.

**We're here  
to help**

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

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



**0300 456 8210**



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



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