# You're not alone...

1 in 6 people in the UK are affected by a mental health condition.

Sources:

Office for National Statistics

- June 2010



If you need this information in an alternative format or language, please email marketingonline@remploy.co.uk quoting ref. 1146

## Apply for this service today! Contact us on:

The East. South East and London

Tel: 020 8426 3110 Textphone: 020 8426 3133 Email: atwosu.london@jobcentreplus.gsi.gov.uk

The Midlands. South West and Wales

Tel: 02920 423 291 Textphone: 02920 644 886 Email: atwosu.cardiff@jobcentreplus.gsi.gov.uk

The North and Scotland

Tel: 0141 950 5327 Textphone: 0845 602 5850 Email: atwosu.glasgow@jobcentreplus.gsi.gov.uk

## Remploy

18c Meridian East Meridian Business Park Leicester LE19 1WZ

Tel: 0845 146 0501

Email: vocationalrehabilitation@remploy.co.uk

#### www.remploy.co.uk/mentalhealth

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## Remploy

Putting ability first

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Department for Work and Pensions

# Take control of your mental wellbeing...

with our Workplace **Mental Health Support Service** 



# You don't need to be afraid to ask for some help...

If you are experiencing depression, anxiety, stress or other mental health issues that are affecting you at work, then we're here to help.

Our free support will enable you to overcome the issues you are experiencing at work, so that you can remain in your job.

### Our understanding advisors are fully trained professionals, who will:

Provide you with workplace mental wellbeing support and advice for six months, which is tailored to your needs

Support you to identify successful coping strategies that will help you to succeed in your job

Develop a step-by-step support plan, with your help, so that you can get back on track Advise you on any simple adjustments you or your employer could make to help you do your job more easily

Meet with you at a place where you feel comfortable

Help your employer to fully understand your condition and how they can support you (if you'd like us to)

## Eligibility criteria\*

To qualify for this service, you must:

- Be in permanent or temporary employment (attending work or signed off sick)
- Have a mental health condition that has resulted in workplace absence, or is causing difficulties to remain in work.
- \*Application is subject to a decision by Access to Work

## About us

Remploy is passionate and committed to supporting disabled and disadvantaged people to lead fully independent and inclusive lives through sustainable employment.

We equip people with the confidence and skills they need to build successful careers, while working with employers to help them understand the needs of the people we support.

By working in partnership with Access to Work; a Jobcentre Plus scheme, we are delivering this service to individuals with a mental health condition in England, Scotland and Wales.