

Working is good  
for your health



Let us help you  
get back on  
track with our  
workplace  
mental health  
support service



A guide for  
employees

# Research shows that being in work has a positive effect on mental wellbeing...

Not only does it allow you to pay the bills, it builds your confidence and offers opportunities for you to socialise.

Our workplace mental health support service will help you to address any difficulties you may have at work due to your mental health condition and support you to take a positive approach to working life, so that you can keep your job.

This confidential and impartial service is available at no cost to you or your employer, if you are absent from work or are finding work difficult due to a mental health condition\*. You can also have our help with, or without, the support of your employer.

\*Eligibility criteria apply.

Our consultants are fully trained professionals with specialist expertise in mental health and its impact on the workplace and will help you by:



Providing work focused mental health support, tailored to your needs

Developing a personalised support plan with you, detailing the steps needed for you to remain in or return to work

Advising you on any reasonable adjustments in the workplace that could benefit you

Helping your employer to fully understand mental health and how they can support you (if you would like us to)

Identifying coping strategies that will help you to succeed

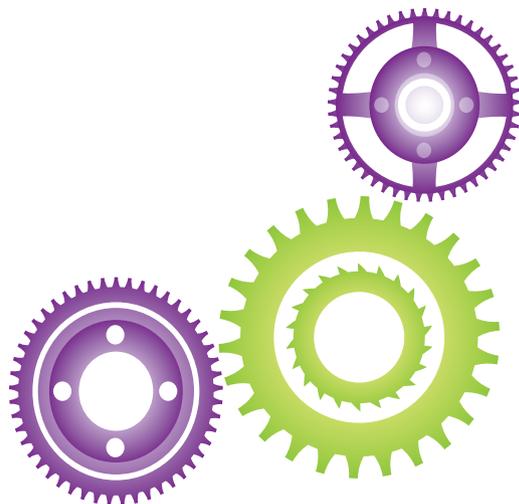
## About us

At Remploy, we believe in greater inclusion and equality for disabled and disadvantaged people through sustainable employment.

We are passionate and committed to equipping people like you with the skills and confidence you need to build enduring careers.

By working with employers and other partners to help them understand disabilities and mental health conditions, we are transforming the lives of thousands of individuals through lasting and meaningful employment.

Remploy is working in partnership with Access to Work, a Jobcentre Plus scheme, to deliver this service to people with a mental health condition, who are either absent from work or finding work difficult.



## Did you know?

**Around 10 million people in the UK (1 in 6) are affected by a mental health condition at any one time. \***

**43% of employees said they would feel uncomfortable talking to their employer about a mental health condition. \*\***

**70% of people affected by a mental health condition say they have experienced discrimination at some time because of it. \*\*\***

Sources:

\* Office for National Statistics - June 2010

\*\* NHS Information Centre - 2011

\*\*\* Rethink - 2011

# Contact us



For further information, or to discuss this service in more detail, please contact Remploy on:

**Tel: 0845 146 0501**

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

Or, you can apply for this service by contacting Access to Work on:

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South East England, London and East of England:

Tel: 020 8426 3110 Textphone: 020 8426 3133

Email: [atwosu.london@jobcentreplus.gsi.gov.uk](mailto:atwosu.london@jobcentreplus.gsi.gov.uk)

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South West England, Wales, West and East Midlands:

Tel: 02920 423 291 Textphone: 02920 644 886

Email: [atwosu.cardiff@jobcentreplus.gsi.gov.uk](mailto:atwosu.cardiff@jobcentreplus.gsi.gov.uk)

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Scotland, North West and North East England, Yorkshire and Humberside:

Tel: 0141 950 5327 Textphone: 0845 602 5850

Email: [atwosu.glasgow@jobcentreplus.gsi.gov.uk](mailto:atwosu.glasgow@jobcentreplus.gsi.gov.uk)

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