

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

Reemploy, in partnership with Access to Work, can assist you. Our Workplace Mental Health Support Service* is free, confidential and can 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're 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.



At least one in four people in the UK are affected by a mental health condition** at some point in their life.

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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Meridian Business Park, Leicester LE19 1WZ

"We're here to help"

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Source: * This service is 100% funded by the Government.

** World Health Organization