

able
futures

time to
talk day
01/02/24




Department
for Work &
Pensions
In
partnership
with



Is something
playing on
your mind
at work?

If you are experiencing issues that are affecting your mental health at work, Able Futures can help.

We can give you nine months' confidential, no cost advice and guidance from a mental health professional who can help you learn coping mechanisms, build self-care routines, access therapy or work with your employer to make adjustments to help your mental health at work.

Call free on 0800 321 3137
or visit www.able-futures.co.uk



Able Futures is led by Ingeus UK and with partners Case UK, Health 2 Employment, Salus and The Better Health Generation we deliver the Access to Work Mental Health Support Service across England, Scotland and Wales on behalf of the Department for Work and Pensions.

_Supporting employee and apprentice mental health

We can all have good days and bad days. Sometimes mental health issues such as anxiety, stress, depression, sleep problems or lack of confidence can affect our time at work, and we need some support to help us feel better.

Able Futures delivers the Access to Work Mental Health Support Service to help employees and apprentices aged 16 and over who can get:



Nine months' personalised advice and guidance and regular appointments with a mental health professional.



A plan to support your mental health by making adjustments, developing coping strategies and learning ways to look after your wellbeing.



Confidential, no cost support with no waiting list and no need for a mental health diagnosis. Refer yourself.

_Get started today
_Visit www.able-futures.co.uk
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