



# Is something playing on your mind at work?

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

We can give you nine months' advice and guidance from a mental health specialist who can help you look after yourself and learn coping mechanisms, build resilience, access therapy or work with your employer to make adjustments to help you have more good days.

There is no cost to use this service, no waiting list and it's completely confidential.

**Call Able Futures free on 0800 321 3137  
or visit [www.able-futures.co.uk](http://www.able-futures.co.uk)**