

## The Access to Work Mental Health Support Service provides tailored mental health support for up to 9 months

“Able Futures provides an additional support service to our internal mental health offer as well as our EAP.

With Able Futures services we are able to help staff to stay in their role whilst helping them with their struggles and difficulties.”

Rachel, Safety & Compliance,  
M&Y Maintenance



- Flexible, fast and easy to use service



- 1-2-1 support from a mental health professional



- Talk face-to-face or over the phone

- 100% confidential

- Up to 9 months support

- No charge to you

## Contact Able Futures for mental health support

Call free on 0800 321 3137  
8am to 10.30pm  
Monday to Friday

[www.able-futures.co.uk](http://www.able-futures.co.uk)



## able futures

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

## able futures



## Mental health support service: Enjoyable futures at work

If you struggle with mental health difficulties you can have good days and bad days.

Able Futures can help you have more good days.



## Mental health support you could get

If you experience anxiety, stress, depression or any other mental health issues, Able Futures could give you 9 months mental health support, at no cost to you.

Able Futures supports mental health at work for anyone aged 16 or over.

Able Futures can help employees, self-employed people and apprentices.

Healthcare, charity, public sector, retail, hospitality, construction, manufacturing, agriculture and all sectors could benefit from support.

**"I've had a one-to-one tailor made package of support. It's what I needed. The flexible approach is a real strength.**

**There were times when I didn't feel up to a meeting but I could rearrange that or follow up with a telephone call."**

Paula, Able Futures participant

**"Able Futures has become a critical part of our toolkit when supporting staff with their mental health."**

Sam, Head of HR Seashell Trust

**"I'm in a completely different place now. I no longer dread going to work."**

Gareth, Able Futures participant

## Struggling with your mental health at work?

Apply now for support at [www.able-futures.co.uk](http://www.able-futures.co.uk)

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