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**Able Futures**

**Access To Work Mental Health Support Service**



# **Supporting mental health at work**

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In  
partnership  
with  
**Department  
for Work &  
Pensions**

# The importance of supporting mental health at work



## **Awareness of mental health at work is increasing**

1 in 4 people will experience a mental health problem each year. Mental health issues can affect anyone in the workplace



## **COVID-19 has changed the way we all work**

Coping with change and uncertainty is often stated as an issue for people at work



## **New things affect our mental wellbeing**

Anxiety, stress, depression, trauma, bereavement, sleep problems, confidence, and more can be playing on our minds

# Support available from Able Futures

**Able Futures** delivers the **Access to Work Mental Health Support** Service in England, Scotland and Wales, on behalf of the **Department for Work and Pensions (DWP)**.

The aim of **Able Futures** is to help individuals learn ways to cope with mental health challenges and move forward to a more enjoyable future.



Personalised support from a Vocational Rehabilitation Consultant (VRC)



Nine months of regular meetings



Resources, guidance, and signposting



No mental health diagnosis is required

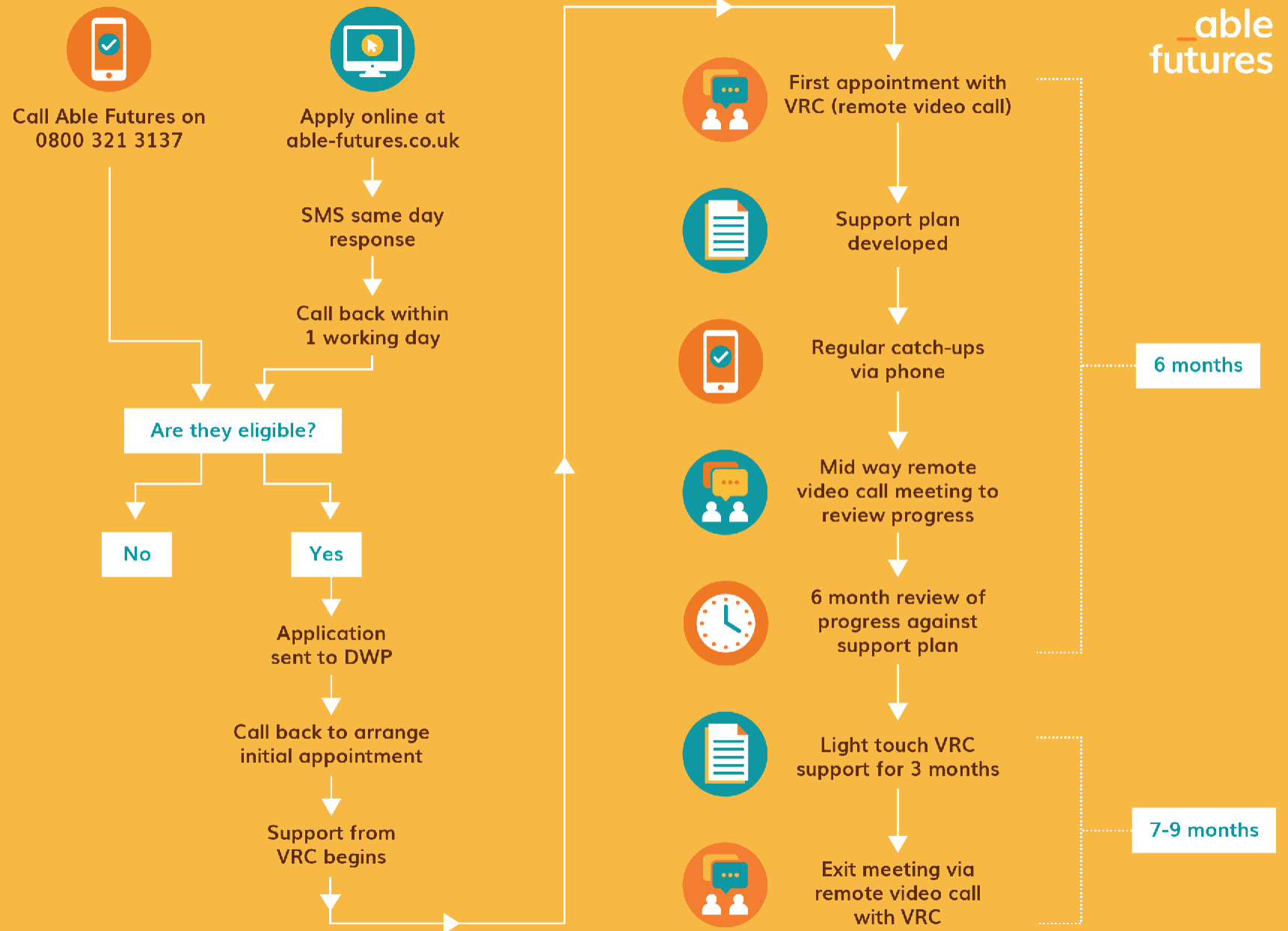


Able Futures is a confidential service

# The Able Futures Process

Able Futures can give you nine months advice and guidance from a mental health specialist to help employees, apprentices and self-employed people manage their mental health at work.

If an employee wants mental health support from Able Futures, here's the process they will follow.



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Talk to us



In partnership with  
  
Department  
for Work &  
Pensions

Freephone 0800 321 3137

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

Able Futures is a nationwide partnership led by Ingeus UK Ltd delivering the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions