

**\_The Access to Work Mental Health Support Service provides tailored mental health support**



**\_The service is fast, flexible and easy to use.**



**\_You will get nine months' one-to-one support from a mental health professional.**



**\_There is no charge to use the service. It is 100% confidential.**

**“**  
Able Futures provides an additional support service to our internal mental health offer ... With Able Futures' services we are able to help staff to stay in their role whilst supporting them with their struggles and difficulties.  
**”**

**\_Rachel, Safety & Compliance, M&Y Maintenance**

**\_Get started today at [www.able-futures.co.uk](http://www.able-futures.co.uk)**

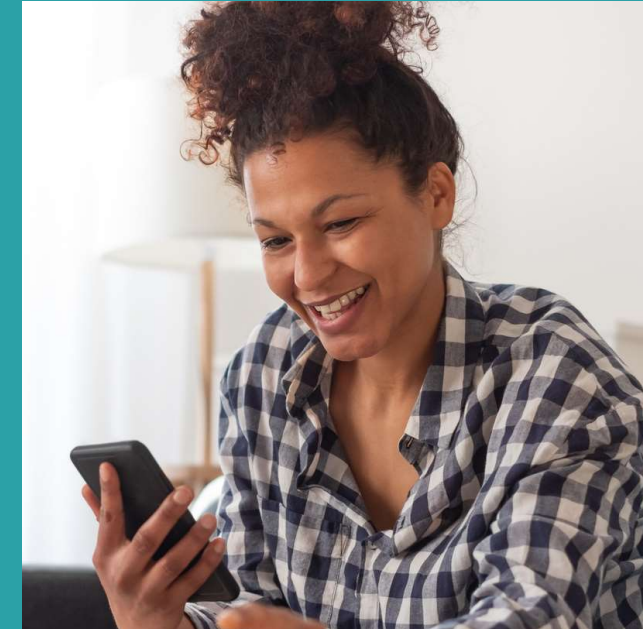
**\_Call free on **0800 321 3137****

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.

**\_able  
futures**



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futures**



**\_Get support  
for mental  
health at work**

**\_If you experience mental health issues at work, you can have good days and bad days. Able Futures can help you have more good days**

**\_able  
futures**

## **\_No cost support for mental health at work**

**\_If you experience anxiety, stress, depression or other mental health issues that affect you at work, Able Futures could give you nine months' personalised support from a mental health professional, at no cost to you.**



“  
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

**\_Build a mental health support plan to help you feel better.**

**\_Learn coping mechanisms and self-care routines, access therapy or work with your employer to make adjustments to help your mental health at work.**

**\_Able Futures supports mental health at work for anyone aged 16 or over.**

**\_Able Futures can help employees, self-employed people and apprentices.**

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