

able
futures



Is something playing on your mind at work?

Get support for your mental health at work so you can have more good days

_Get support for your mental health at work

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

Able Futures could give you nine months' 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.



Nine months' personalised support from a mental health professional



Build a mental health support plan and get guidance and signposting that could help you feel better



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

_Contact Able Futures

Freephone 0800 321 3137 | www.able-futures.co.uk

**_able
futures**

Able Futures delivers the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions and is led by Ingeus UK

In partnership with

Department for Work & Pensions