



HM Government

PLAN FOR
JOBS



Access to Work

Mental Health Support Service

Access confidential advice and support if you are struggling with a mental health condition which affects you at work.

Our experienced advisers, trained in supporting mental health at work, can:

- provide tailored workplace mental wellbeing support and advice for up to nine months
- help identify successful coping strategies that enable people to succeed in work
- develop a step by step support plan; to enable people to get back on track
- provide advice on any adjustments that could be made to make the job easier
- help employers to fully understand a person's condition.

For more information or visit:
gov.uk/access-to-work

Access to Work
Making work possible



What is a mental health condition?

It varies to the individual, however it can be anyone experiencing: anxiety, stress, depression or other mental health conditions.

Symptoms could include: lack of concentration, mood swings, irritability, withdrawal from social situations or difficulty sleeping.

Can I apply?

To be eligible for support you must:

- be in, or about to start, permanent or temporary employment, an apprenticeship, supported internship or a traineeship
- have a mental health condition which is affecting you at work.

Access to Work can also provide additional support if you have a disability or physical health condition which makes it difficult to start or stay in work. This support can include:

- special equipment or adaptations
- fares to work for those who can't use public transport
- a support worker or job coach to enable you in the workplace
- a communicator at a job interview or in the workplace
- the cost of moving equipment following a change in location or job
- help and advice for employers to retain and employ staff.

Find out more or apply at:
[gov.uk/access-to-work](https://www.gov.uk/access-to-work)

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