



# Enjoyable futures\_ Have more good days

If you struggle with mental health difficulties it may mean you have more bad days than good days. We can help you manage your mental health at work so you can enjoy more good days.

The Access to Work Mental Health Support Service is funded by the Department for Work and Pensions meaning there is no charge to use this service.

The service is 100% confidential and can be accessed face-to-face or over the phone – we will work around you and your routine.

Contact us today for more information, we promise to get back to you within one working day.

**Freephone 0800 321 3137**  
8am to 10.30pm  
Monday to Friday

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