

Mental health support in work

Depressed?

Not eating?

Stressed?

Not coping?

Feeling low?

Are you having more bad days than good at work?

Anxious?

Not sleeping?

You're not alone.

If you are experiencing mental health difficulties at work, we can help.

There is no charge to access the service and applications are subject to a decision by Access to Work advisers.



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www.remploy.co.uk/mentalhealth

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