



Access to Work

Making work possible

Access to Work can provide advice and support to enable people with a disability, mental health or physical health condition to start or stay in work.

It can provide support with:

- a Mental Health Support Service for people who are experiencing difficulties with their mental wellbeing in the workplace
- special equipment or adaptations
- fares to work for those who can't use public transport
- a support worker or job coach to support you in the workplace
- disability awareness training for work colleagues
- 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.

For more information or visit:
[gov.uk/access-to-work](https://www.gov.uk/access-to-work)

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The **Access to Work Mental Health Support Service** provides a dedicated resource to support people, including apprentices, experiencing a mental health condition in the workplace.

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.

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

- provide tailored workplace mental wellbeing support and advice for 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.

Find out more or apply at:
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