



HM Government

PLAN FOR  
JOBS



# Access to Work Mental Health Support Service

Struggling with a mental health condition  
which is affecting your ability to work?

If you are in or about to start work or an apprenticeship the  
Access to Work Mental Health Support Service can provide:

- tailored confidential workplace mental wellbeing support and advice for up to nine months
- successful coping strategies to enable you to succeed in work
- advice on adjustments that could make the job easier
- a step-by-step support plan

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

**Access to Work**  
Making work possible