



The Access to Work Mental Health Support Service, delivered by Remploy, funded by the Department for Work and Pensions provides confidential one-to-one workplace mental health support for Halton Borough Council employees.

## Session details

### 28<sup>th</sup> October 2020 – Virtual Support Session

Book your appointment today and gain expert advice and support for nine months, which includes:

- A wellbeing plan to help you stay in, or return to work
- Workplace adjustments
- Coping strategies.

Please note all appointments are currently being delivered remotely until further notice.

Remploy are not obliged to inform your employer, unless you want them to. To access this support you must be:

- In permanent or temporary employment (attending work or signed off sick)
- Have a mental health condition (diagnosed or undiagnosed) that has caused you to be off work, or is making it hard for you to undertake your duties and responsibilities whilst at work.

**To book your virtual appointment please email Chris Kingsbury and provide your name, phone number, email address and organisation name. If you're unavailable on the above date please call 0300 456 8114.**

Email Chris on: [chris.kingsbury@remploy.co.uk](mailto:chris.kingsbury@remploy.co.uk)

For more information about the Access to Work Mental Health Support Service, visit [www.remploy.co.uk/mentalhealth](http://www.remploy.co.uk/mentalhealth)