



Mental health support available

If you experience anxiety, stress, depression or other mental health issues that affect you at work, Able Futures could give you nine months' personalised support from a mental health coach.

Learn coping mechanisms, build self-care routines and make adjustments to help your mental health at work.

**able
futures**



**Get started
today at
able-futures.co.uk**

**Call free on
0800 321 3137**

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I've had a one-to-one tailor made package of support. It's what I needed. The flexible approach is a real strength. There were times when I didn't feel up to a meeting but I could rearrange that or follow up with a telephone call.

Paula, Able Futures participant

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Able Futures is led by Ingeus UK and with partners Case UK, Health 2 Employment and The Better Health Generation we deliver the Access to Work Mental Health Support Service across England, Scotland and Wales on behalf of the Department for Work and Pensions.

**able
futures**



**Get support
for your mental
health at work**

If you experience mental health issues at work, you can have good days and bad days. Able Futures can help you have more good days



_Able Futures delivers the Access to Work Mental Health Support Service to provide tailored mental health support



**_The service is
fast, flexible and
easy to use.**



**_You will get nine
months' one-to-
one support from
a mental health
coach.**



**_There is no
charge to use the
service. It is 100%
confidential.**



**_Scan the QR code to get
started or visit
www.able-futures.co.uk**

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0800 321 3137**

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I can sit down once a month with my MHC to listen to me. Able Futures has given me different ways to cope and different strategies to allow me to function, stay at work and not go off sick.

**_David, Able Futures
participant**

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