

**\_able  
futures**

  
Department  
for Work &  
Pensions  
In  
partnership  
with



## **\_Is something playing on your mind at work?**

If you're experiencing issues that are affecting your mental health at work, Able Futures can help.

We can give you nine months' confidential, no cost advice and guidance from a mental health specialist who can help you learn coping mechanisms, build resilience, access therapy or work with your employer to make adjustments to help you have a more enjoyable future.

**Call free on 0800 321 3137  
or visit [www.able-futures.co.uk](http://www.able-futures.co.uk)**



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