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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | |  | | --- | | **Hello,**  Your health and wellbeing at work is our highest priority and, for this reason, we are very pleased to announce that we have partnered with Able Futures.  Able Futures deliver the new **Access to Work Mental Health Support Service** on behalf of the Department for Work and Pensions.  Individuals accessing this new service will receive 9 months of professional mental health support from a Vocational Rehabilitation Consultant.  A Vocational Rehabilitation Consultant will support an individual through information and advice on a range of issues; coaching and teaching on how to manage mental health difficulties; as well as help in accessing services.  The support available via Able Futures is designed to help with a range of mental health issues, including stress, anxiety, and depression, which result from both inside and outside the workplace.  Support is available over the phone and through face-to-face meetings - at a time and place that suits. There is no cost to use this service and it is 100% confidential.  **Support from Able Futures can be accessed by:**  Calling their Freephone number on: **0800 321 3137** (lines open from 8am to 10.30pm, Monday to Friday)  Emailing them at: [hello@able-futures.co.uk](mailto:hello@able-futures.co.uk)  Or completing their Self-Referral Form at: <https://able-futures.co.uk/mental-health-support-for-individuals/apply-for-able-futures/>  **Kind regards,**  **Your HR Team** | |  | | |  | |