

Your mental health matters to us



Lost your usual spark, having more off days, or is anxiety creeping up during your working day?

If 'yes', you are not alone.

The good news is, we are here for you via the Access to Work Mental Health Support Service[†] - and there's no cost. We have helped over **12,000 people**^{*} feel positive again.

^{*}since 2018

[†]funded by the Department for Work and Pensions.

maximus

In
partnership
with



Department
for Work &
Pensions





We can help you to:



Feel happier again

With nine months of work-focused support



Cope better

With easy-to-use action plans



Improve your health

With reasonable adjustments at work.

Does this apply to me?

If you can say 'yes' to both statements, then our friendly, nationwide team are here for you:

- ✓ I am in permanent or temporary employment (attending or on sick leave)
- ✓ I have a mental health concern (diagnosed or undiagnosed) making it difficult to do my job, stay in work or has resulted in workplace absence.

My next step

Fill out our quick form at



atw.maximusuk.co.uk/gethelptoday

Or call us on



0300 456 8114