



**able
futures
&
The Better Health
Generation**

Delivering the Access to Work Mental Health Support Service

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Able Futures delivers the **Access to Work Mental Health Support Service** in England, **Scotland** and Wales, on behalf of the **Department for Work and Pensions (DWP)**

*"Our aim is to give people living with mental health difficulties the support, advice and guidance they need to have **more good days than bad ones**"*



**Support for
employers
and their
employees**



**No cost.
Confidential**



**Supports a
healthy workplace**

Eligibility criteria and application process

Individuals are eligible for support from Able Futures if they are:



Aged **16** or over



In **paid** employment: *self-employed, temporary or permanent, an apprenticeship.*



Attending work, off sick or furloughed.



Having problems managing their mental health - **diagnosed or not.**

Once employees have applied:



They will receive a call back to confirm eligibility.



Application will be sent to DWP for approval.



Able Futures will call back to arrange an initial appointment.



Initial appointment and support plan developed within 30 days.

_How Able Futures can support mental health at work.



1-to-1 Support and guidance from a dedicated **Vocational Rehabilitation Consultant (VRC)** who is a qualified mental health professional



Focus on building skills to maintain mental wellbeing and knowledge of how to access treatment, build resilience. Even to suggest reasonable adjustments at work



Completely confidential. Service is delivered via telephone, TEAMS calls or email catch ups. The VRC can also help dialogue between employee and employer.

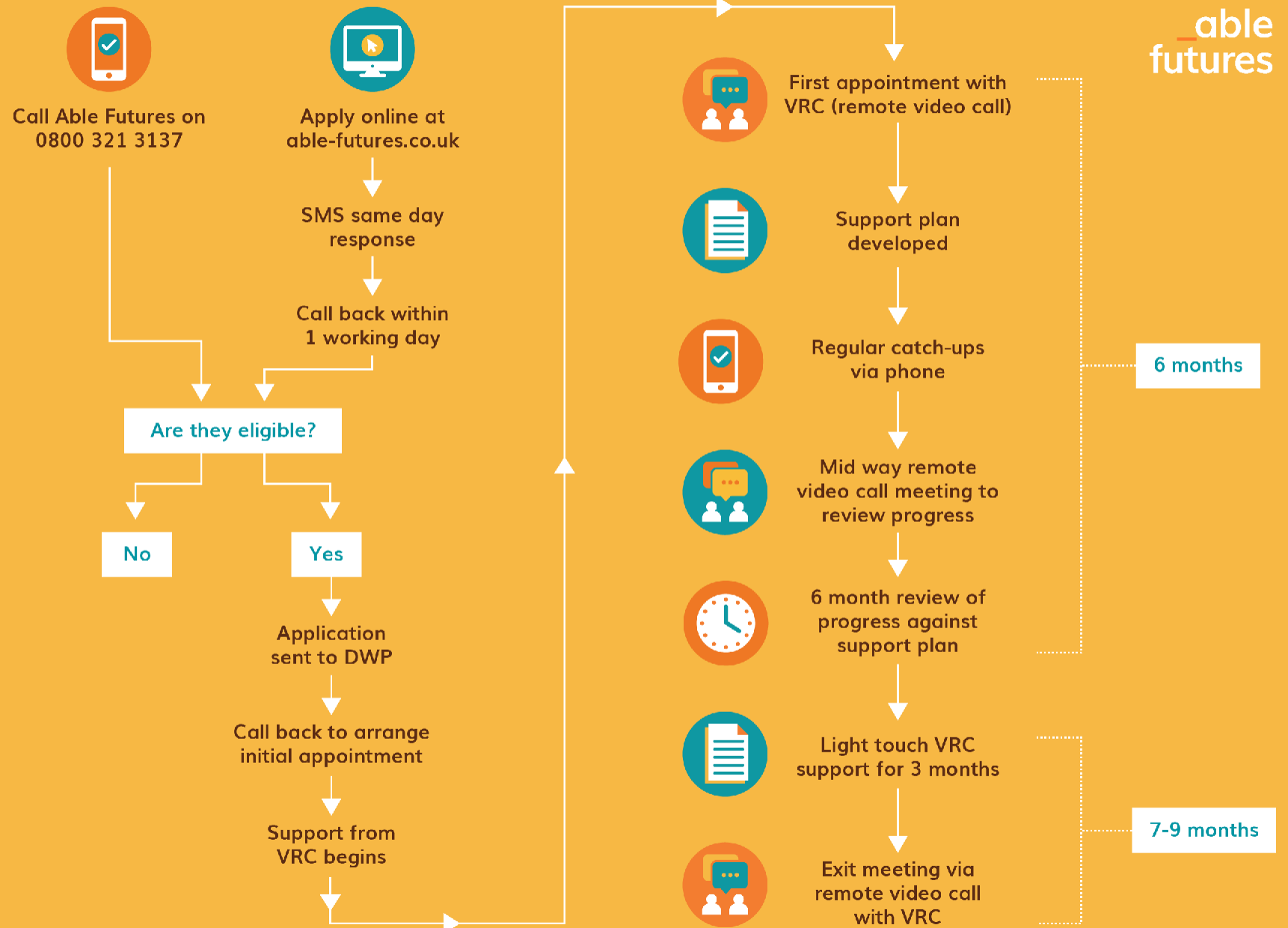
A Support Plan for a more enjoyable future

- ✓ Communication skills
- ✓ Time management
- ✓ Problem solving skills
- ✓ Organisation and planning
- ✓ Dealing with stress and anxiety
- ✓ Coping with change
- ✓ Anger management
- ✓ Assertiveness
- ✓ Relaxation
- ✓ Mindfulness
- ✓ Developing a sleep routine
- ✓ Healthy eating and drinking
- ✓ Exercise and fitness
- ✓ Accessing therapies
- ✓ Financial management
- ✓ Reasonable adjustments
- ✓ Benefits advice

The Able Futures Process

If an employee or apprentice wants mental health support from Able Futures, here's the process they will follow.

Able Futures can give you nine months advice and guidance from a mental health specialist to help employees, apprentices and self-employed people manage their mental health at work.



Able Futures

Results

Able Futures has supported **more than 8,500** people across England, Scotland and Wales with mental health issues including anxiety, depression, stress, bereavement, financial worries, sleep problems and more.

We are supporting individuals in roles including **administrators, call handlers, cleaners, drivers, healthcare workers, managers, teachers, waiters and more.**

What our participants say

"It's nice to have someone to talk to. They offered good advice, especially when speaking to my employer."

"My GP is difficult to get hold of and they offered alternative advice – try this and have you thought of that."

"Most importantly was the consistent telephone calls and face-to-face meetings; the meetings provided a useful resource. I felt empowered to do things."

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**Any
questions?**

Find out about other people that have used
Able Futures.

www.able-futures.co.uk/case-study/

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Keep in
touch

In
partnership
with



Department
for Work &
Pensions

Freephone 0800 321 3137

| www.able-futures.co.uk

Able Futures is a nationwide partnership led by Ingeus UK Ltd delivering the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions