



# WORK & HEALTH SERVICE

**Support Helping You Stay Well and Thrive in Work.**  
**Your health and well-being matter**

Your health and well-being matter. If you're finding it difficult to stay in work or return to employment due to a health condition, disability, or mental health challenges, our Work and Health Coach is here to support you.

## HOW WE CAN HELP

Our tailored, one-to-one support can help you:



### Stay in Work –

Practical strategies to manage your health while remaining employed.

### Return to Work –

Guidance on transitioning back after illness or time away.



### Build Confidence –

Support to overcome self-doubt and boost resilience.

### Manage Mental Well-being –

Strategies for reducing stress, anxiety, and workplace overwhelm.



### Access Workplace Adjustments –

Guidance on reasonable accommodations to make work more manageable.

### Explore New Job Opportunities –

If your current role isn't right, we can help you find a better fit.



### Connect with Specialist Services –

Signposting to mental health, physiotherapy, financial, and other support services.

## WHO IS ELIGIBLE?

You may be eligible for support if you:

- ✓ Are struggling to stay in work due to a physical or mental health condition.
- ✓ Need help returning to work after a period of illness.
- ✓ Feel that your mental health is preventing you from engaging fully in work or job-seeking.
- ✓ Would benefit from practical strategies and workplace adjustments to make work more manageable

## HOW TO ACCESS SUPPORT

Getting help is easy and completely confidential: Ask in practice

**This free, personalised support is designed to help you take positive steps toward better health, confidence, and work-life balance. Let's work together to help you stay well and succeed in work.**