

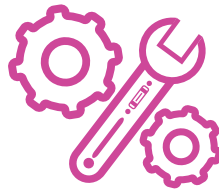
Are you struggling to cope at work because of a mental health challenge?



We believe that work leads to a **more fulfilling life** and **better wellbeing**



Individual 1:1 support tailored to your needs



Support to put in place workplace adjustments



Working with you and your Employer to safely manage a return to work from sick leave



Helping your employer to better support your wellbeing



Advice around your employment rights and how to apply them



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To find out more our contact details are:



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