



Stress

Anxiety

Depression

Supporting Apprentices

Free personal support and advice

**Remploy can help you cope with
your apprenticeship.**

0300 456 8210

www.remploy.co.uk/supportingapprentices



Department
for Work &
Pensions

In
partnership
with

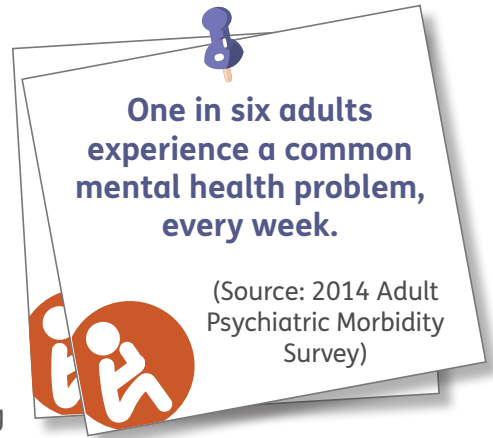
Remploy in partnership
with **MAXIMUS**

If you are struggling to keep up with your apprenticeship due to a mental health condition, we can help.

Are you worried about a relationship, home life, the future or having issues with food, drink or drugs? Any of these make it harder to concentrate and keep on top of your apprenticeship.

The Workplace Mental Health Support Service, delivered by Remploy and funded by the Department for Work and Pensions is free and confidential. We can:

- Provide personal, emotional wellbeing support for six months
- Help you cope better so you can concentrate on your apprenticeship
- Develop a support plan, to get you back on track
- Advise on adjustments you or your employer could make to help you complete your apprenticeship more easily
- Help your employer to understand how they can support you (if you'd like us to).



Help is available if you:

- Are in an apprenticeship and finding it difficult to attend or concentrate due to a mental health condition or
- Have been signed off sick with a mental health condition, but want to go back to your apprenticeship.

Applications are subject to a decision by Access to Work.

Just talk to us and we'll do the rest:



0300 456 8210



apprentices@remploy.co.uk



www.remploy.co.uk/supportingapprentices



Remploy, 18c Meridian East
Meridian Business Park, Leicester LE19 1WZ

“We’re here to help”

If you would like this information in a different format, please email communications@remploy.co.uk quoting Ref.R18-Oct17