The Access to Work Mental Health Support Service, delivered by Remploy, funded by the Department for Work and Pensions provides confidential one-to-one workplace mental health support for University of Birmingham employees or apprentices.

**Session details**

**Wednesday 23rd September 2020 – Virtual Support Session**

Book your appointment today and gain expert advice and support for nine months, which includes:

- A wellbeing plan to help you stay in, or return to work
- Workplace adjustments
- Coping strategies.

Please note all appointments are currently being delivered remotely until further notice.

Remploy are not obliged to inform your employer, unless you want them to. To access this support you must be:

- In permanent or temporary employment (attending work or signed off sick)
- Have a mental health concern (diagnosed or undiagnosed) that has caused you to be off work, or is making it hard for you to undertake your duties and responsibilities whilst at work.

To book your virtual appointment please click the below link and provide us with your name, phone number, email address and organisation name.

If you are unavailable on the specified date, please call us on 0300 456 8114

For more information about the Access to Work Mental Health Support Service, visit [www.remploy.co.uk/mentalhealth](http://www.remploy.co.uk/mentalhealth)