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Able Futures

Access To Work Mental Health Support Service



Supporting mental health at work

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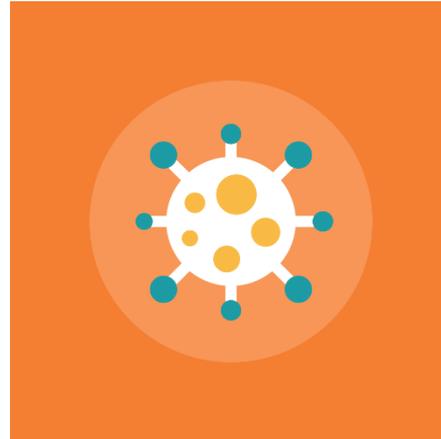

In
partnership
with
**Department
for Work &
Pensions**

The importance of supporting mental health at work



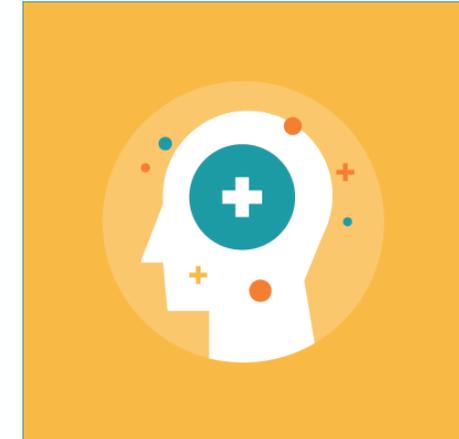
Awareness of mental health at work is increasing

1 in 4 people will experience a mental health problem each year. Mental health issues can affect anyone in the workplace



COVID-19 has changed the way we all work

Coping with change and uncertainty is often stated as an issue for people at work



New things affect our mental wellbeing

Anxiety, stress, depression, trauma, bereavement, sleep problems, confidence, and more can be playing on our minds

Mental health and UK employees

Psychological symptoms

40% of employees report depression, anxiety and panic attacks

Behavioural symptoms

37% say that they experience changes in appetite, irritability and mood swings

Physical symptoms

37% have raised blood pressure, dizziness and headaches



Source: https://wellbeing.bitc.org.uk/system/files/research/bitcmental_health_at_work_report-2017.pdf

Support available from Able Futures

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)**.

The aim of **Able Futures** is to help individuals learn ways to cope with mental health challenges and move forward to a more enjoyable future.



Personalised advice and support from a mental health professional.



Nine months of regular meetings



Resources, guidance, and signposting



No costs and no mental health diagnosis is required.



Confidential

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A plan for a more enjoyable future

VRCs provide advice and guidance on how individuals can cope better with mental health issues that are affecting their time at work. With their VRC, individuals create a plan of action that is tailored to their needs.

The Support Plan could include coping strategies such as:

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

— Eligibility criteria and application process

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

- Aged 16 or over on paid employment: self-employed, temporary or permanent.
- Attending work, off sick or furloughed.
- Having problems managing their mental health. Diagnosed or not.

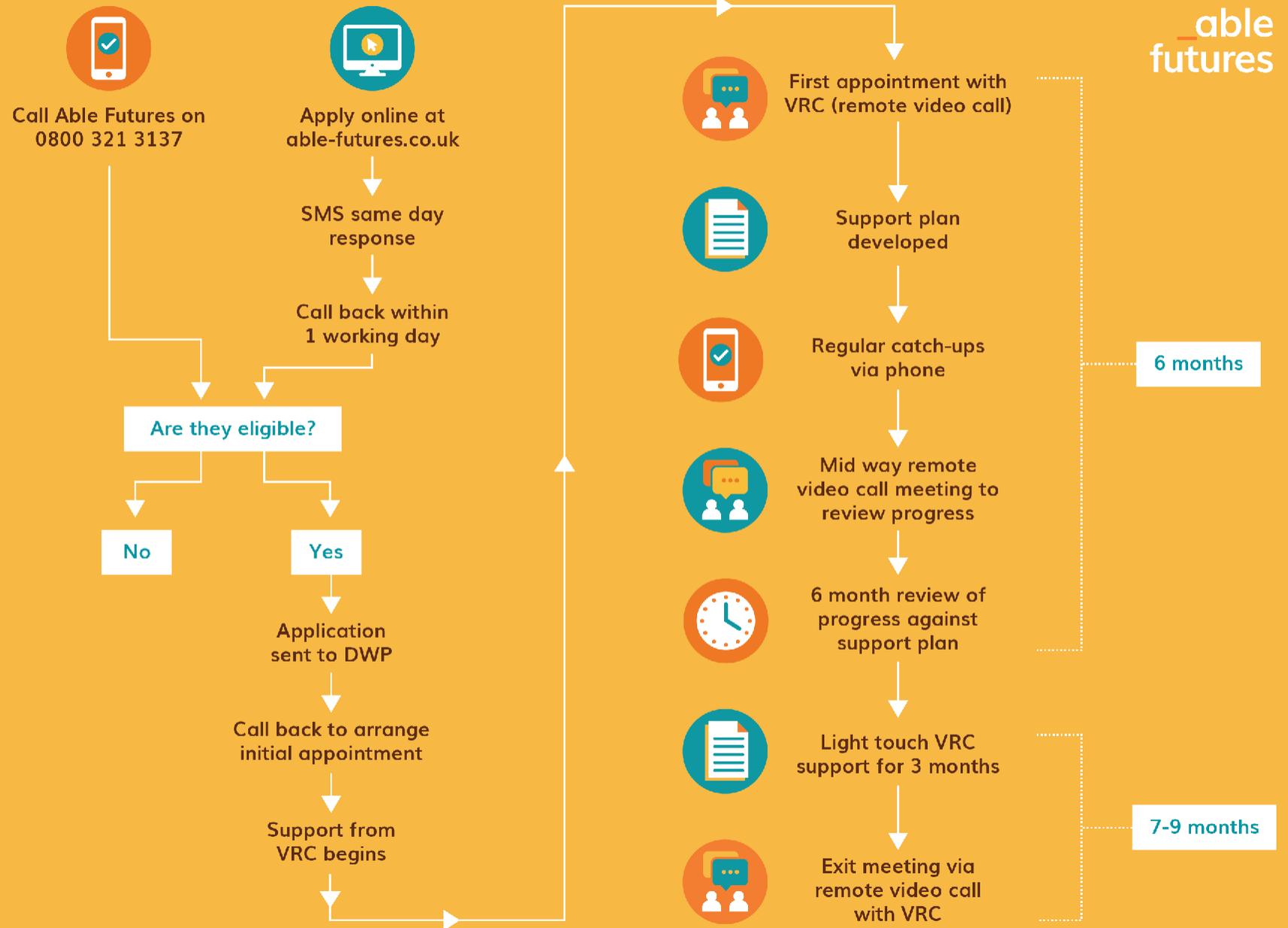
Once employees have applied:

- They will receive a call back to confirm eligibility.
- Application will be sent to DWP for approval.
- Call back to arrange an initial appointment.
- Initial appointment and support plan developed within 30 days.

The Able Futures Process

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.

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



How Able Futures helps support employers

Able Futures also supports **employers** and **apprenticeship providers** who want to improve awareness of mental health at work.

We can give you the **tools, information and advice** you need to support your employees and apprentices who are struggling with mental health problems.

A toolkit for understanding mental health

Mental health education and awareness sessions

Promotional materials

Help making adjustments and planning responses

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Questions?

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Talk to us

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Department
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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