

YOUR MENTAL HEALTH MATTERS



Is stress, low mood, anxiety or feeling overwhelmed a common part of your working day?

If **yes**, you are not alone.

We have helped over 12,000 people* via the **Access to Work Mental Health Support Service** feel positive again, and at no cost.

If you work for
and have a mental health concern affecting your work, we have virtual, confidential one-to-one appointments available on

We can help you to:



**Feel happier
again**



**Cope better
at work**



**Improve your
health**

We are not obliged to inform your employer unless you want us to.

**Since 2018*

Click the button to arrange your appointment or call **0300 456 8114**.

**BOOK
NOW**

For more information about the service, visit atw.maximusuk.co.uk

maximus

In partnership with

Department
for Work &
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