



# Work Well Coach

## How they can Support you to Stay Well and Thrive in Work

Your health and wellbeing matters. If you're finding it difficult to stay in work or return to employment due to a health condition, disability, or mental health challenges, our Work Well Coach is here to support you.

**How We Can Help** Our tailored, one-to-one support can help you:

### Stay in Work –

Practical strategies to manage your health while remaining employed.

### Build Confidence –

Support to overcome self-doubt and boost resilience.

### Access Workplace Adjustments –

Guidance on reasonable accommodations to make work more manageable.

### Connect with Specialist Services –

Signposting to mental health, physiotherapy, financial, and other support services.

### Return to Work –

Guidance on transitioning back after illness or time away.

### Manage Mental Wellbeing –

Strategies for reducing stress, anxiety, and workplace overwhelm.

### Explore New Job Opportunities –

If your current role isn't right, we can help you find a better fit.

**Who Is Eligible?** You may be eligible for support if you:

- ✓ Are struggling to stay in work due to a physical or mental health condition.
- ✓ Need help returning to work after a period of illness.
- ✓ Feel that your mental health is preventing you from engaging fully in work or job-seeking.
- ✓ Would benefit from practical strategies and workplace adjustments to make work more manageable.

### How to Access Support:



**Support is designed to help you take positive steps toward better health, confidence, and work-life balance.**

**Let's work together to help you stay well and succeed in work. Your health and wellbeing matters.**



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