

# Access to Mental Health at Work Support (Delivered by Able Futures)

## Application Process

How do I access support for my mental health and wellbeing?

You can call Able Futures on 0800 321 31387

Or

Apply online at <https://able-futures.co.uk/mental-health-support>

You will receive a call from Able Futures to check and confirm eligibility.  
Am I eligible for support?

No

Yes

Able Futures will signpost to other support

Application will be sent to the Department of Work and Pensions for funding approval

Able Futures will call to arrange an initial appointment

First appointment held remotely with a Vocational Rehabilitation Consultant (VRC) to develop a support plan

Support during months 1-6

Regular catch ups via phone calls  
Remote video call meeting to review progress  
6 months review in line with support plan

Support during months 7-9

Light touch support from VRC  
At 9 months exit meeting via remote video call