

Mental Health Support Service FAQs

It is important to us at Perth & Kinross Council that we create and sustain a healthy working environment to support you in carrying out your role. We appreciate, however, that your mental health can be affected, whether it be worries that we can all experience as part of everyday life to serious long-term conditions. This set of Frequently Asked Questions seeks to address questions relating to our support services and how you can access them.

[I feel like I could benefit from some support for my mental wellbeing, what mental health support services are available to me?](#)

The **Access to Work Mental Health Support Service** is a national service, funded by the Department for Work and Pensions (DWP) which, if eligible, provides you with access of up to 9 months of support, free of charge. Following confirmation of your eligibility, you will be appointed a vocational rehabilitation consultant, who will work with you to produce and work towards a plan to build your wellbeing and resilience levels over a longer period.

There are a range of PKC external resources available to you which are listed on the Employee Information – Mental Wellbeing section of the [PKC Website](#).

[I have recently seen communications about an Access to Work Mental Health Support Service, what is this and what does it entail?](#)

We have been working with Able Futures, who are the delivery partner for the **Access to Work Mental Health Support Service**. This is a national service, funded by DWP which provides eligible employees access to up to 9 months of support, free of charge.

You can find out more information about this service either by accessing the Employment Information section of the PKC Website, or by accessing the Support for Mental Health at Work section of the [Able Futures website](#)

[How do I know if I am eligible for support from the Access to Work Mental Health Support Service?](#)

You can apply for support if you are aged 16 or over; in paid, temporary or permanent, employment including an apprenticeship. You may be attending work or off sick and are having problems managing your mental health at present, whether this has been diagnosed or not.

To apply you can contact Able Futures on **0800 321 3137** or visit <https://able-futures.co.uk/mental-health-support> to sign up online.

Once you have applied you will receive a call from Able Futures to confirm your eligibility.

[I've been told that I'm not eligible for support via the Access to Work Mental Health Support Service, what should I do?](#)

If you've been told by Able Futures that you are not eligible to receive support from the Access to Work Mental Health Support Service, then an advisor from the Able Futures team will signpost you to other relevant supportive services that you could pursue.

In addition, you can look through the other resources and services available on the Employee Information – Mental Wellbeing section of the [PKC Website](#).

If I access the Access to Work Mental Health Support Service will my employer be informed?

No, if you choose to access the Mental Health Support Service provided by Access to Work your Manager will not be informed – these services are voluntary and strictly confidential. The Council will receive information about the number of contacts made but there are no personal details provided.