**Do you need health and wellbeing support at work?**

You can contact us today on: **Freephone 0845 601 7556** or email **wtw@wales.nhs.uk**

If you are going through a difficult physical or emotional time and would like support, then why not talk to our friendly and experienced health and employment advisors today?

Our Wellbeing through Work team can offer you confidential advice and guidance, at no cost to you.

**This includes help with:**

◼ Dealing with a health condition or work issue
◼ Pain, anxiety and stress
◼ Confidence building
◼ Talking to your manager or employer
◼ Access to other advice - debt and housing
◼ Putting together a return to work plan.

We know from experience that it can help to talk things through with someone who can offer advice and support – whether that’s in person or over the phone.  Evidence also shows work is good for people’s health.  Our service aim is to help you to overcome your concerns and keep your job.

**You can access our help, if you:**

◼ Live or work in the areas of Bridgend, Neath Port Talbot or Swansea and

◼ Work for an employer or
◼ Are self employed or
◼ Volunteer for no more than 16 hours per week

For more information visit [www.wellbeingthroughwork.org](http://www.wellbeingthroughwork.org)

Lines are open Monday to Friday, between 9.00am – 5.00pm. Calls from landlines are free of charge: calls from a mobile phone may incur a charge from your mobile phone provider.  We have an out of hours answer service, please leave your contact details and we’ll call you back.

The service is made possible by the EU’s convergence European Social Fund, through the Welsh Government.