

Call us on
Freephone:
 0845 601 7556

 E-Mail:

wtw@wales.nhs.uk

Calls from landlines are free of charge. Calls from mobiles may incur a charge from your mobile phone provider.

We have an out-of-hours answer phone service, please leave your details and we will call you back.



Cymorth yn
y Gwaith

In-Work
Support

The service is made possible by the EU's Convergence European Social Fund through the Welsh Government



Is a Health Issue
affecting your
ability to
Stay in Work?



Wellbeing through Work's In-Work Support Service provides **free & confidential** support to people who are struggling at work or on sickness absence with musculoskeletal problems (like back or joint pain) or mental health issues (like stress, anxiety or depression).



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If any of the following are affecting you at home or work:

- Muscle and Joint Pain
- Stress
- Low Mood or Depression
- Anxiety

Our team of qualified NHS Physiotherapists & Occupational Therapists can provide:

- Advice, guidance and support for managing muscle and joint problems
- Help to develop coping skills for managing stress, worry and low mood



I received physio treatment really quickly, so was able to return to work and normal activities

Excellent Service - it made me feel more positive about change and how to deal with low self-confidence

Our free, confidential & professional support can be accessed:

- Over the telephone
- In person
- By attending our *Managing your Wellbeing* course

You are eligible for support if you:

Work for an employer

Or

Are Self Employed

&

Live or work in Swansea, Neath, Port Talbot or Bridgend

Please Note: Documentary evidence will be required to demonstrate that you meet the above criteria before you receive follow-up appointments.