

YOU ARE NOT ALONE



Lost your usual spark, having more off days, or is anxiety creeping up during your working day?

We can help you beat stress, improve your low mood, and feel less overwhelmed, via the **Access to Work Mental Health Support Service*** and there's **no cost**.

We can help you to:



Feel happier again

With nine months of work-focused support



Cope better

With easy-to-use action plans



Improve your health

With reasonable adjustments at work.

Just scan our code to get started:

Or visit

 atw.maximusuk.co.uk/gethelptoday

maximus



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For alternative formats, email marketing@maximusuk.co.uk quoting X22-1512

