



**Is your role as an  
unpaid carer at home,  
playing on your mind  
at work?**



Get support for your mental health at work so you can have more good days

# **\_Get support for your mental health at work**

If you are a carer at home and experiencing issues that are affecting your mental health at work, Able Futures can help.

Able Futures could give you nine months' advice and guidance from a mental health professional who can help you learn coping mechanisms, build self-care routines, access therapy or work with your employer to make adjustments to help your mental health at work.



Nine months' personalised support from a mental health professional



Build a mental health support plan and get guidance and signposting that could help you feel better



There is no cost to use this service, no waiting list and it's 100% confidential

**\_Get started today**  
**\_Visit [www.able-futures.co.uk](http://www.able-futures.co.uk)**  
**\_Call free on 0800 321 3137**

