

The Access to Work Mental Health Support Service

Presented by: Beth Kimberley



Access to Work Mental Health Support Service

About the service

- » The Access to Work Mental Health Support Service, delivered by Maximus, is funded by the Department of Work and Pensions.
- » Confidential and vocational support for employees with mental illness to retain/regain their ability to participate at work.
- » Helped thousands of people since launch with a range of mental health conditions.
- » Delivered by Vocational Rehabilitation Consultants (VRCs) – experts in supporting people with mental health conditions.
- » Support for a period of 9 months consisting of fortnightly review calls.
- » No financial contribution required from employer or employee.

Eligibility criteria

To access support, the individual must meet the following criteria:

Be in paid employment

- Any hours
- Permanent or temporary
- Self employed
- Apprenticeships
- Attending or signed off sick.

Have a mental health condition or have symptoms

- Diagnosed or undiagnosed
- Is affecting either productivity, attendance or general wellbeing in the workplace
- Mental illness may not be the primary health condition
- Triggers may not be linked to the workplace.



Referral process



Confidential helpline
0300 456 8114



Email
atw@maximusuk.co.uk



Self-Referral Portal
atw.maximusuk.co.uk/gethelptoday



Support and interventions

Interventions

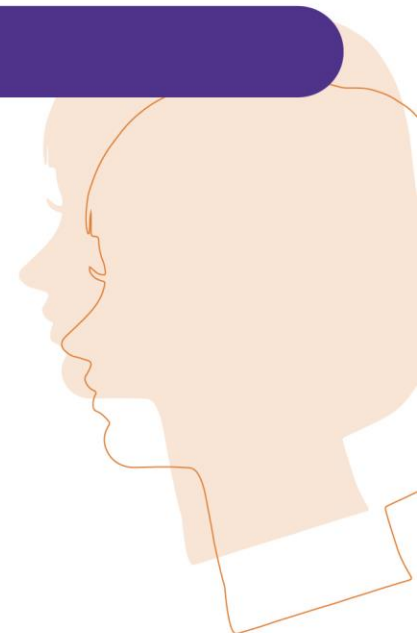
- » Wellness Recovery Action Plan (WRAP)
- » Psychological wellbeing/self esteem assessments
- » Mindfulness
- » Smartphone apps
- » Online CBT
- » Self-help
- » Resilience
- » Employer guidance for reasonable adjustments
- » Compliments Occupational Health or EAP Provision

Mainstream Access to Work

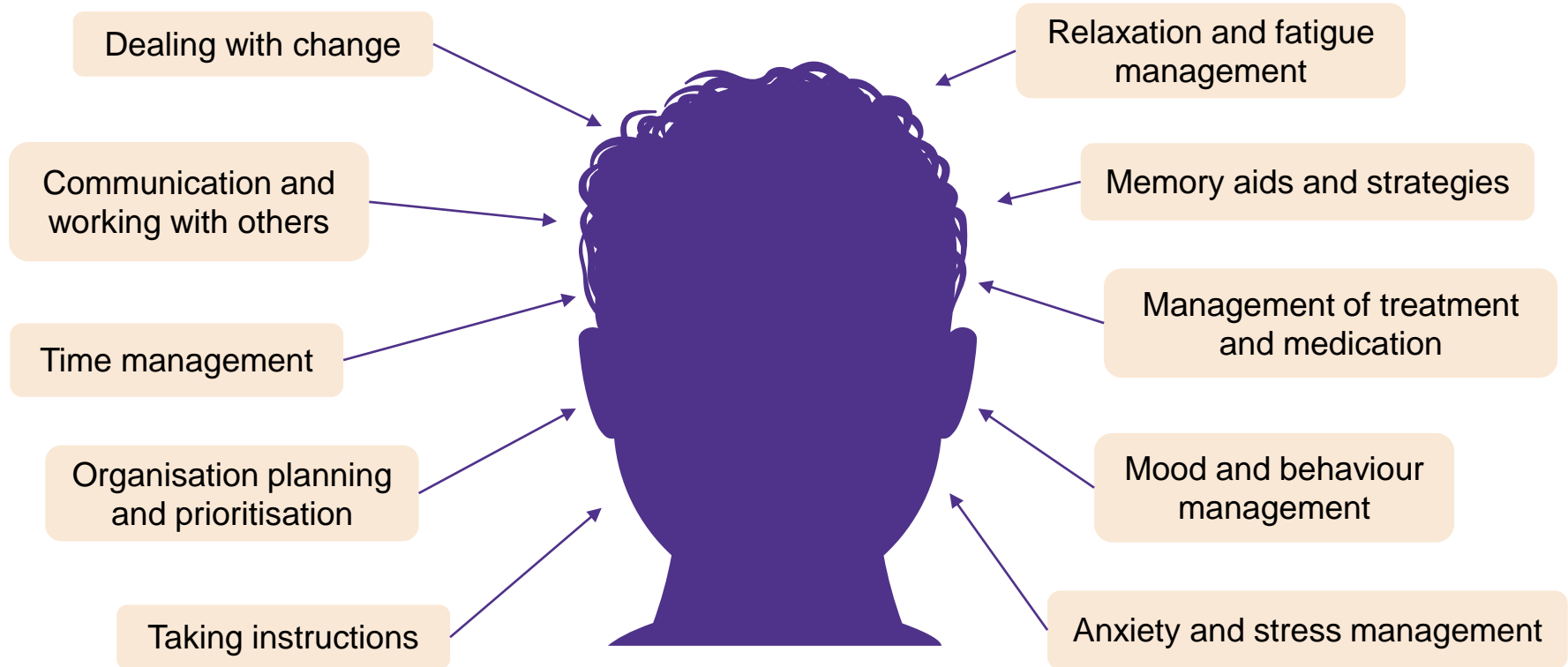
- » Workplace assessment
- » Holistic assessment
- » Job coaching
- » Support workers
- » Travel support
- » Training courses related to mental health.

Signposting

- » Employee Assistance Programmes
- » GP support
- » Mental health charitable organisations (Mind/Cruse Bereavement).



Coping strategies



Access to Work Mental Health Support Service



Thank you

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