

Call us now

 **01639 684568**

*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.

 Email

wtw@wales.nhs.uk

 Website

www.wellbeingthroughwork.org.uk



Cymorth yn y Gwaith

In-Work Support

The Service is made possible by the European Social Fund through the Welsh Government. There is **no cost** for employers or individuals to access this programme.



Cymorth yn y Gwaith
In-Work Support



GIG CYMRU
NHS WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board



WELLBEING through **WORK**

Struggling with a health issue in work?



Our **In-Work Support Service** provides **free & confidential** support to people who are struggling in work or on sickness absence with musculoskeletal problems (like back or joint pain) or mental health issues (like stress, anxiety or low mood).

 Landline: **01639 684568**

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Cymorth yn y Gwaith
In-Work Support

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

- Muscle and Joint Pain
- Stress
- Low Mood
- 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.