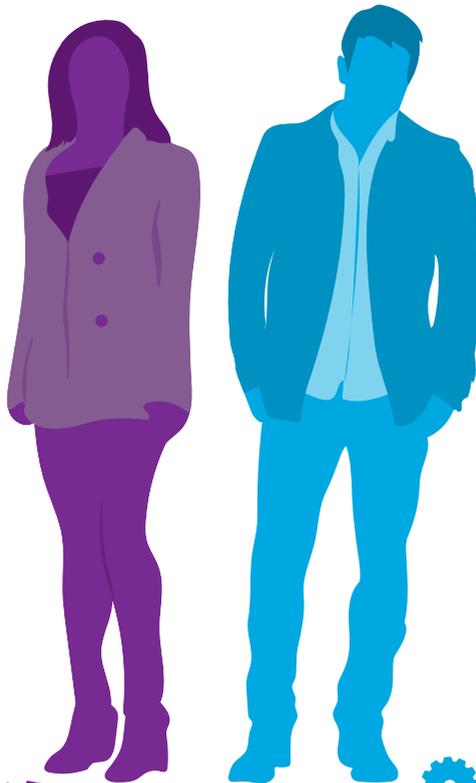


Supporting Apprentices



Boost your emotional
well being with free help
from Remploy



Remploy

Putting ability first

jobcentreplus

Department for
Work and Pensions

Don't be scared of asking for help

If you're feeling low or anxious and it's affecting your apprenticeship, then we're here to help.

You might be worried about a relationship, having a bad time at home, concerned about the future or having issues with food, drink or drugs. Any of these can make it harder to sleep and concentrate. You might be getting easily annoyed, feeling moody and struggling to keep up with your apprenticeship.

Our free support will help you feel better so that you can thrive in your apprenticeship. It is completely confidential and we won't speak to anyone else about it unless you want us to.

Can I get this help?

To receive support from us you need to be in an apprenticeship and finding it difficult to attend or concentrate due to stress, anxiety, or depression. You may not have been in for a while but want to go back.

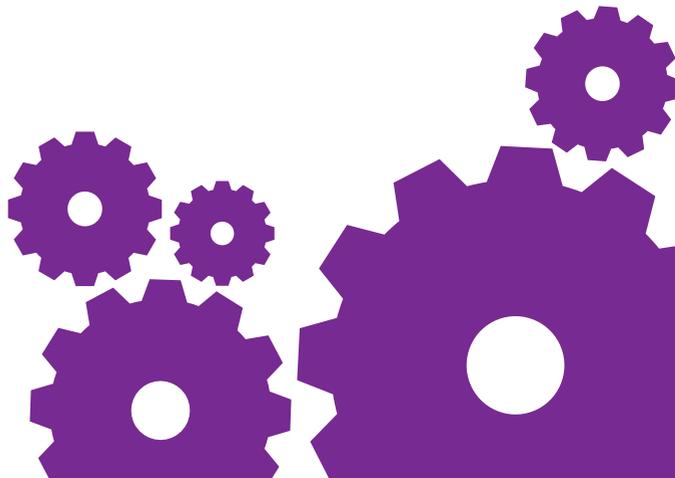


How can we help you?

- An expert from Remploy will provide you with personal, emotional well being support and advice for six months
- We'll help you to cope better so you can concentrate on your apprenticeship
- Develop a step-by-step support plan, with your help, so that you can get back on track
- Advise on some adjustments you or your employer could make to help you complete your apprenticeship more easily
- Meet with you at a place where you feel comfortable
- Help your employer to understand how they can support you (if you'd like us to).

About Remploy

Remploy deliver the supporting apprentices service in partnership with Access to Work; a Department for Work and Pensions scheme. This service is 100% funded by government and designed to address workplace barriers relating to mental ill health, in order to help you retain your apprenticeship.



How to apply for our help

Just contact Remploy and we'll do the rest:

Tel: 0300 456 8210

Email: apprentices@remploy.co.uk

www.remploy.co.uk/supportingapprentices



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If you need this information in an alternative format or language,
please email:

communications@remploy.co.uk quoting ref. 184 - MAY 2016