

UNWELL

Supporting and
working with you to
help you stay in or
return to work

Staying in work if you feel unwell or returning to work after a long period of absence can be daunting. That is why we have created Fit for Work.

Fit for Work is free, confidential and run by health professionals who will support you to stay in or return to work.

Speak to your GP about being referred to Fit for Work, or find out more by visiting our website or calling our advice line.

England and Wales

0800 032 6235

0800 032 6233 Welsh language
(Llinell Gymraeg)

www.fitforwork.org

Scotland

0800 019 2211

www.fitforworkscotland.scot