

# Specialist healthcare support to help you remain at work, or make a healthy return to work.

For free, confidential and impartial advice call

**0800 019 2211**

(option 3)



Working  
Health  
Services  
Scotland

**NHS**  
SCOTLAND

If you are struggling with a health issue that is affecting your work, Working Health Services Scotland can help you manage your condition so you can remain at work. If you are off with a health condition, we can also help you make a healthy, successful return to work.

## Who we help

Working Health Services Scotland is a free and confidential service. It's designed to help people who are:

- employed by a small business (less than 250 employees) and are still attending work or recently absent from work (3 weeks or less).
- self-employed and are still attending work or absent from work (for any period of time).

## How we help

We provide rapid access to assessment, advice and where appropriate, access to interventions including occupational therapy, physiotherapy and talking therapies.

Confidential support can be particularly valuable for anyone experiencing work-related stress, and can help prevent it developing into something more serious.

## Impartial advice from healthcare specialists

Remember, specialist healthcare support is available to you now, and the service is free and confidential.

To register, or to find out more about how Working Health Services Scotland can help you, call **0800 019 2211**, option 3.

## For support with longer-term absence

Fit for Work Scotland is another free service designed to help you return to work safely, if you have been off, or are likely to be off work for 4 weeks or more. To find out more, call **0800 019 2211**, option 2.

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