



**Stress**

**Anxiety**

**Depression**

# Supporting Apprentices

Free personal support and advice

**Remploy can help you cope with  
your apprenticeship.**

**0300 456 8210**

[www.remply.co.uk/supportingapprentices](http://www.remply.co.uk/supportingapprentices)

Helping apprentices cope

**jobcentreplus**

Department for  
Work and Pensions

**Remploy**

Putting ability first

# Don't be scared to ask for help

Is feeling low or anxious affecting your apprenticeship?

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.

For a confidential chat call us

**0300 456 8210**



## Can I get this help?

To receive our support 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.



**Anxiety**



**Stress**

## 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 can we help you?

- A Remploy expert will provide you with personal, emotional wellbeing support and advice for six months
- We'll help you to cope better so you can concentrate on your apprenticeship
- Together we can develop a step-by-step support plan, to help get you 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).

Helping apprentices cope

# How to apply for our help



Just contact Remploy -  
we'll do the rest:

Tel: **0300 456 8210**

Email: [apprentices@remploy.co.uk](mailto:apprentices@remploy.co.uk)

[www.remploy.co.uk/supportingapprentices](http://www.remploy.co.uk/supportingapprentices)

## Remploy Limited

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Leicester  
LE19 1WZ

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/Remploytv

If you need this information in an alternative format or language, please email: [communications@remploy.co.uk](mailto:communications@remploy.co.uk) quoting ref. 184 - NOV 2016

Helping apprentices cope

jobcentreplus

Department for  
Work and Pensions

Remploy in partnership  
with MAXIMUS

Remploy

Putting ability first

Part of the Government Access to Work Programme