

Struggling to stay in work or currently off work due to illness?

Take the first step towards feeling supported at work



Healthy
Working
Life



West Yorkshire
Health and Care Partnership



If you're aged 16-64, Healthy Working Life is here to support you.

Mental health, physical pain and musculoskeletal problems can affect many aspects of life – including your ability to work. It can be challenging, but you don't have to face it alone.

Delivered by trusted local charities, we can help by offering:

- 1:1 coaching
- Personalised support plan
- Liaison with your employer if needed
- Preparation to return to work
- Signposting to support services
- Onwards support to find new employment if appropriate
- Rapid access to psychological therapy sessions

Find out more or make a referral for support:

- ✓ Visit www.thecellartrust.org
- ✓ Click **Get help**
- ✓ Complete **our referral form**



Scan
here



Need help accessing support?

Call The Cellar Trust:

01274 586 474



This activity is part of Healthy Working Life, a joint programme of the West Yorkshire Combined Authority and NHS West Yorkshire Integrated Care Board
Find out more at www.wypartnership.co.uk/our-priorities/healthy-working-life