

maximus

ATWMHSS internal comms for employers to send out

If you want to promote the Access to Work Mental Health Support Service to your team, we've put together some wording you can use in an email. You can simply copy and paste this text or make adjustments to give it your own tone of voice.

Option 1

Subject line: Your mental health matters

Lost your usual spark, having more off days, or is anxiety creeping up during your working day?

If **yes**, you are not alone.

The Access to Work Mental Health Support Service can help you.

Whether you are feeling low, anxious, or stressed, the service can provide you with **easy-to-access, one-to-one support, at no cost to you.**

The service can help you with:

- Mental health – improve your wellbeing with access to nine months of work-focused support
- Coping skills – support you with practical strategies and action plans
- Physical health – find out what reasonable adjustments are available for you.

If you have a mental health concern affecting your work, **you can get confidential support today.**

To find out more, [get support online](#) or call 0300 456 8114.

Option 2

Subject line: Cost-free mental health support

At **add organisation name**, our employees' mental health is a priority, and we want to ensure colleagues are aware of the support available.

We are happy to introduce the Access to Work Mental Health Support Service. This is available to all colleagues at no cost. Whether you are feeling low, anxious, or stressed, the service can provide you with easy-to-access, one-to-one support.

The service can help you with:

- Mental health – improve your wellbeing with access to nine months of work-focused support
- Coping skills – support you with practical strategies and action plans
- Physical health – find out what reasonable adjustments are available for you.

If you have a mental health concern affecting your work, **you can get confidential support today.**

To find out more, [get support online](#) or call 0300 456 8114.