

# WorkWell in Stockport

## Are you facing challenges at work because of a health condition?

WorkWell is a free service designed to support people with health conditions or disabilities, whether a mental health or a physical health concern. Our friendly and experienced WorkWell team will help you stay in work or return to work if you've had to give up your job due to a health-related condition. This includes self-employed workers.

### What we offer:

- A personal assessment to understand the best support for your needs
- Tailored plans to address your physical and mental wellbeing
- Access to local health services, wellbeing activities, and community support
- Careers advice and guidance to help you progress in your current job or explore new opportunities
- Tailored support from a dedicated Work and Health Coach

### Eligibility:

You can access WorkWell if you are employed, self-employed, or recently unemployed and facing health-related challenges to either remain in work, or return to work.

### Contact our friendly team:

✉ [workandskills@stockport.gov.uk](mailto:workandskills@stockport.gov.uk)

☎ 07890 527111

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