

# UNWELL

Supporting and  
working with you to  
help you stay in or  
return to work

Speak to your employer or GP  
about being referred to Fit for Work,  
or find out more by visiting  
[fitforwork.org](https://fitforwork.org).

Staying in work if you feel unwell, or  
returning to work after a long  
period of absence, can be daunting.

Fit for Work is free, confidential and  
run by health professionals, who  
will support you to stay in or return  
to work.

**England and Wales**  
0800 032 6235 (English)  
0800 032 6233 (Cymraeg)  
[fitforwork.org](https://fitforwork.org)

**Scotland**  
0800 019 2211  
[fitforworkscotland.scot](https://fitforworkscotland.scot)