

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.

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

Scotland
0800 019 2211
fitforworkscotland.scot