



**FIT FOR WORK SERVICE**  
**SUPPORT IN WORK**

## Are you off work with health problems?

**Free advice, support and treatment are available now through NHS specialists.**

### **Work pays in so many ways...**

It builds social networks, status, confidence and self esteem, provides a meaningful routine and life balance and enables better physical and mental health.

The **NHS Support in Work Team** is a group of highly specialist registered health professionals and clinical support workers who work with individuals to help them return to and stay in work.

Call them now on **0115 956 0890** or **07771 838 534**



**NOTTINGHAMSHIRE**  
**FIT FOR WORK SERVICE**

Nottinghamshire Healthcare **NHS**  
NHS Trust

## What we do...

- Assessment of people's needs.
- Workplace assessment and access advice.
- Job analysis and advice on job modification and/or adjustment.
- Liaise with GP's and other health professionals
- Return to work plans.
- Liaise with employers, Human Resources, Occupational Health and Unions.
- Advice on aids, adaptations, tools or techniques to assist people to work differently.
- Help people build confidence and overcome health and work related difficulties.
- Support people to manage their work/life balance.
- Work collaboratively with individuals to identify barriers to work.
- Support people to manage their health at work.

To find out more, or to refer into the service:

Call **0115 956 0890** or **07771 838 534**

Email: **[supportinwork@nottsfitforwork.org.uk](mailto:supportinwork@nottsfitforwork.org.uk)**

**[www.nottsfitforwork.org.uk](http://www.nottsfitforwork.org.uk)**



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