

STAFF BULLETIN

Mental Health Support for Employees
January 2026



Mental Health Support for employees

The **Access to Work Mental Health Support Service** is here for you. Delivered by **The Better Health Generation**, in partnership with **Able Futures** and funded by the **Department for Work and Pensions (DWP)**, the service gives colleagues access to:

- **Up to nine months of confidential, one-to-one support** from a qualified mental health professional - helping people manage stress, anxiety, low mood, burnout, or workplace pressures.
- **No cost** to the business or individual employees.
- **No waiting lists or contracts** - just flexible, person-centred help when it's needed most.

Virtual appointment day

This service will run on **Monday 26 January 2026** with time slots available throughout the day. At your chosen time, a member of **The Better Health Generation** team will contact you via your preferred method - either Microsoft Teams or a telephone call - to discuss how they can support your mental health, whether you are experiencing stress, anxiety, low mood, or burnout.

During the call, they will answer any initial questions about the support available. If you would like to proceed with accessing the support, they will gather your basic details to apply for the Mental Health Support. This is **fully confidential**, and we as your employer will not be made aware of any appointments or bookings.

How to book

Please follow the link below to book your time slot:

[Book a virtual appointment time slot](#)

You can also apply via the [Able Futures](#) website at any time, or call them on **0800 321 3137**, if you would prefer to self-refer before the Virtual Appointment Day.

Neurodiversity Support

[Able Futures](#) now also offer new Specialist support for neurodivergent staff, including access to the Do-It Neurodiversity Profiler, which helps individuals explore their strengths, traits and workplace challenges - whether they have a formal diagnosis or not. This support aligns with and enhances the Neurodiversity at Work Guidance already in place across the Council.

- [Neurodiversity at Work Guidance](#) (intranet)
- [Neurodiversity at Work Guidance](#) (non-intranet users)

Further information is available via [Able Futures](#) website.

More Information

For more counselling information and further supports, please visit our **Employee Wellbeing Support Directory**, available on the [Support & Wellbeing](#) page on the intranet or on the SAAW tile at the [Learning Academy](#).

If you would like further information or have any questions regarding the service, please contact SupportingAttendanceandWellbeing@east-ayrshire.gov.uk.