

Able Futures

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FAQs

What is Able Futures?

Able Futures is a UK-government-led mental health support service. The service provides “nine months confidential, no cost advice, guidance and support from mental health professionals to help you cope with work while you manage a mental health condition such as anxiety, depression or stress.” (Able Futures, 2022)

You must be aged 16 or over and in work, on an apprenticeship or about to start work to access this support.

What does it cover?

Below are some areas that Able Futures covers online.

- » Anxiety
- » Stress
- » Depression
- » Coping at Christmas
- » Eating and drinking
- » Sleep
- » Seasonal affective disorder (SAD)
- » Bereavement

Is it anonymous?

Yes. RSK is unable to access any information relating to individuals who use this service.

Is there any cost to use this service

No, it is provided to you free of charge.

Who can use the service?

It is available to all employees living in England, Wales and Scotland. Able Futures does not cover Ireland.

If you reside outside of these territories, please refer to our global support services documents, which has a list of resources for other territories.

Please contact the wellbeing team at wellbeing@rsk.co.uk if you cannot find what you are looking for.

How do I contact Able Futures?

You can access the Able Futures website [here](#).

You can apply via a quick online form. Someone will then call you to check you are eligible and that Able Futures is the right support service for you.

Alternatively, you can call the organisation on 0800 321 3137.

What are the opening hours?

Telephone lines are open from 8.00 am to 10.30 pm, Monday to Friday. Call 0800 321 3137 to enquire. Please note, this is not an emergency support line.

How much mental health support will I receive?

Through Able Futures, you can receive up to nine months of mental health support.

Can my family and/or friends use this service?

Able Futures is available to anyone living in England, Wales or Scotland over the age of 16, who is employed, doing an apprenticeship or about to start a role.

Is it an online service?

Yes, this is an online service.

What happens when the nine months are over?

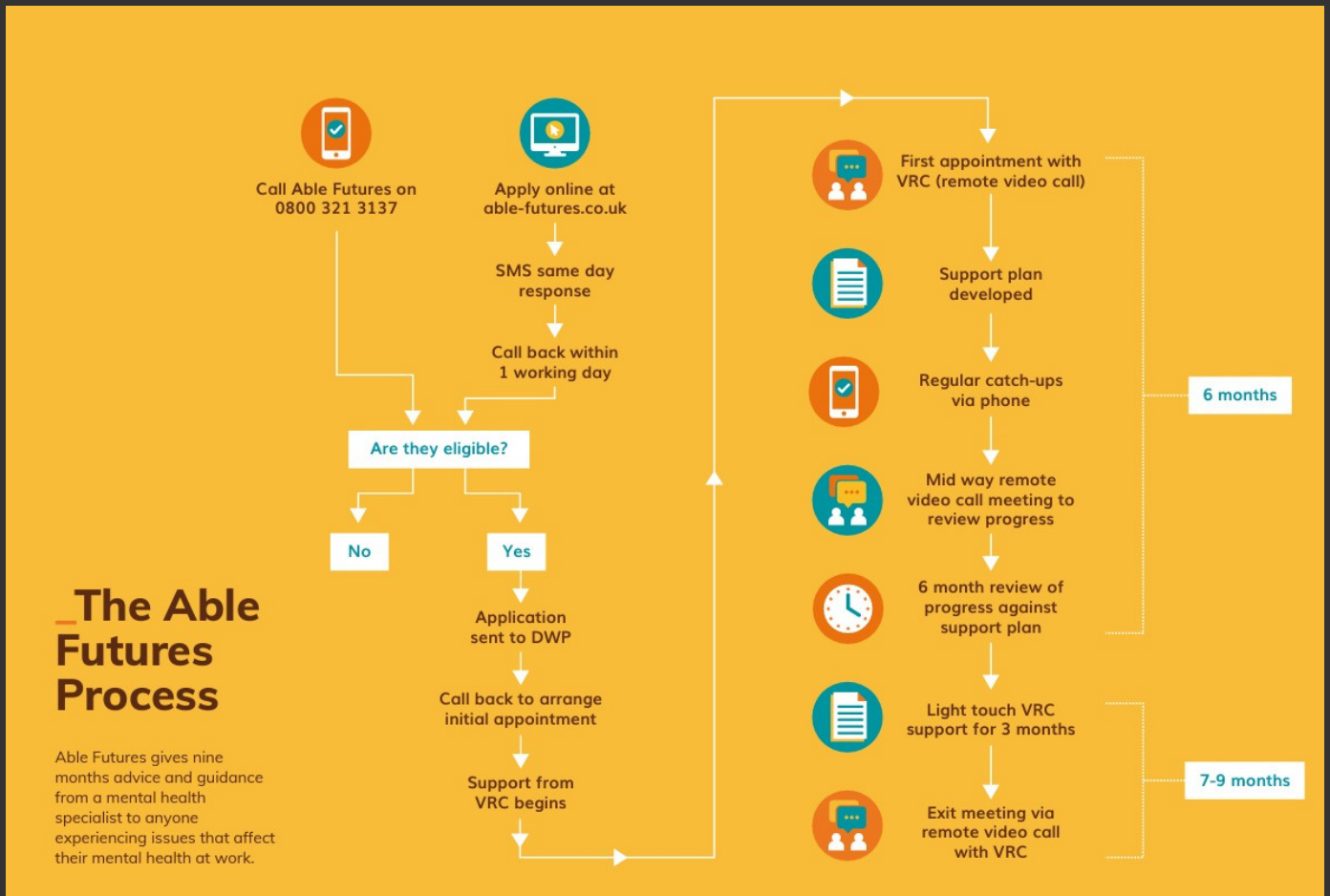
If you still require support when the nine months period is over, Able Futures will be able to signpost you to alternative services.

You can also contact the RSK wellbeing team on wellbeing@rsk.co.uk, which will be able to support you through the next steps.

What are the waiting times/process?

When you apply online via the form, you will be contacted by phone within one working day to confirm eligibility and organise your first meeting with an adviser to develop a plan to support your mental health.

Please see below for a detailed guide to the process. DWP stands for Department for Work and Pensions and VRC stands for vocational rehabilitation consultants.



I need help accessing the service; who can support me?

Please contact the RSK wellbeing team at wellbeing@rsk.co.uk for support.

What other support does RSK offer internally?

- »» The wellbeing and EDI team
- »» Mental health first aiders across the business
- »» People champions
- »» Signposting of resources from other services/helplines
- »» A range of resources
- »» HR business partners