



# Struggling with your health at work or worried you might go off sick?

Are health issues making it harder to do your job? You might be:



Finding it hard to concentrate or focus



Feeling anxious or overwhelmed at work



Experiencing fatigue or physical difficulties



Worried your job is affecting your health or recovery



Recovering from a recent illness or flare-up



Off sick and unsure how or when to go back

## Refer yourself – it's quick, easy, and free

The NHS Vocational Rehabilitation Service offers online support and tailored advice to help you stay well in work, or get back to work when you're ready

Visit [bdcpartnership.co.uk/vocational-rehabilitation-self-referral](https://bdcpartnership.co.uk/vocational-rehabilitation-self-referral)

