



# IN WORK SUPPORT

**FREE SUPPORT, THERAPIES & COACHING  
TO IMPROVE WELLBEING AT WORK**

Call us today on **01745 336442**  
or email **hello@rcs-wales.co.uk**

**WWW.RCS-WALES.CO.UK**



# EMPLOYEE SUPPORT

HELPING YOU LIVE AND WORK  
MORE HEALTHILY, EVERY DAY

Whatever your working situation, there are times when stress and anxiety can impact your physical and mental wellbeing, and your effectiveness at work. RCS can help you:



Manage stress and  
build resilience



Reduce  
anxiety



Improve your  
physical health



Make changes  
at work



Our In Work Support Service provides free and rapid access to support and therapies to get you back up and running.

## TALKING THERAPIES

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Our professional therapists can help you manage stress, reduce anxiety and build coping mechanisms. Sessions delivered via online video platforms, telephone or face-to-face.

## PHYSICAL THERAPIES

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Treatment, guidance and exercises to help prevent musculo-skeletal conditions from impacting you at work.

## NEED A CHANGE?

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Our career coaching programme can help you explore your aspirations and options.

## DEBT & FINANCE

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Money worries can all too easily add to the stress of taking time off sick. We offer specialist support with finances or debt.

## WELLBEING WEBINARS

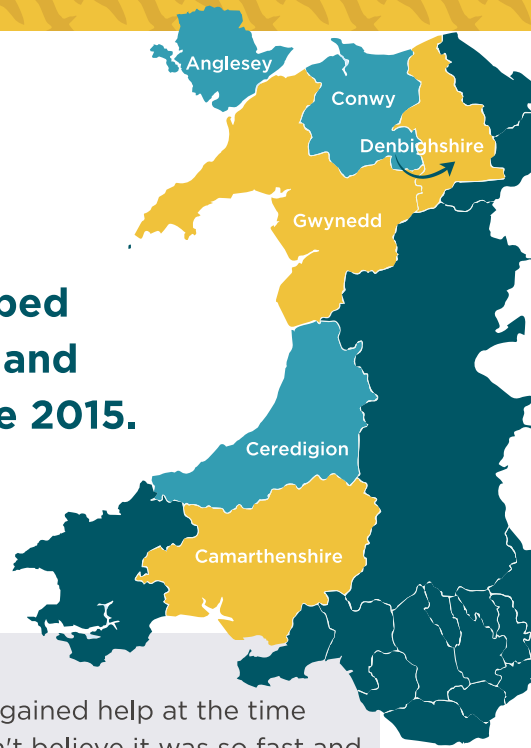
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Our wellbeing webinars offer the latest tools and tips for improving your day-to-day wellbeing.

**For employed or self-employed people who live or work in Anglesey, Carmarthenshire, Ceredigion, Conwy, Denbighshire and Gwynedd.**

**In Work Support has helped over 6,000 employees and businesses in Wales since 2015.**



Absolutely fantastic, fast service, I gained help at the time when I was struggling to cope. Can't believe it was so fast and free too. I don't doubt for a moment that I would not have been able to remain in work or resolve the issues as quickly without the support received.

**GET IN TOUCH TO  
FIND OUT HOW WE CAN HELP TODAY**



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In-Work Support is part-funded by the European Social Fund through the Welsh Government. Eligibility criteria apply.



Cymorth yn  
y Gwaith  
In-Work  
Support



**Cronfa Gymdeithasol Ewrop  
European Social Fund**