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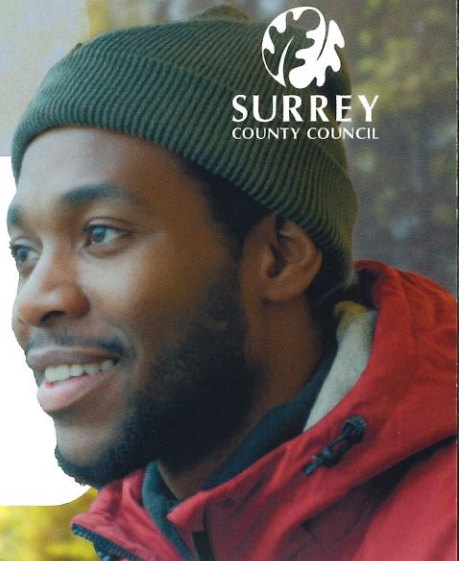


SURREY  
COUNTY COUNCIL

Get back on track with

# WorkWell

Supporting people to feel well enough  
to start, stay or return to work.



## Mental Health Advisor Service

### You'll receive:

- 1-1 in person or virtual support with your mental health advisor
- Group workshops, such as managing mood and stress management
- Access to the Wysa health app which provides a library of health resources
- Support available Monday - Friday 8am - 8pm

### The service will:

- Help manage your stress and anxiety
- Help you build your confidence and self-esteem
- Support with workplace adjustments, maintaining wellbeing at work, and returning to work
- Improve your motivation and focus

Talk to

today to get referred  
onto the service