

# Is your **health making** **it hard for you to work?**

Sometimes health problems make it hard to stay in work – or get back to work. If you're finding it a struggle, our Work Smart Live Well Employment Coaches can help.

## Northumberland Skills' Employability Service

Our service is a free, additional service in Northumberland to support you.

A Work Smart Live Well Employment Coach can listen to your needs, make a plan and put you in touch with services to help. You don't need to manage alone.



## Support for you

We can help you with things like:

- ✔ Getting fitter and healthier
- ✔ Links to local employers
- ✔ Money, benefits or housing
- ✔ Talking with your employer
- ✔ Alcohol and drug support
- ✔ Finding new opportunities

Delivering on behalf of