

IN WORK SUPPORT SOUTH EAST WALES

**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



HELPING YOU LIVE AND WORK MORE HEALTHILY, EVERY DAY

Throughout the Covid-19 crisis, adapting to change, coping with uncertainties and juggling responsibilities have become the 'new normal'. These can take their toll on your mental and physical wellbeing, at home and at work.

WE CAN HELP YOU:



Manage stress and build resilience



Reduce anxiety




Improve your physical health



Make changes at work

WE OFFER FREE, RAPID ACCESS TO SUPPORT AND THERAPIES TO GET YOU BACK UP AND RUNNING.





In Work Support South East Wales offers free, rapid access to effective one-to-one support and therapies. You can self-refer or talk to your GP. Our team is skilled and experienced in providing confidential support over the phone where needed.


IN WORK SUPPORT SOUTH EAST WALES OFFERS:

- Talking therapies e.g. counselling, CBT
- Physical therapies e.g. physiotherapy
- Employment support & career coaching
- Support with finances, debt or benefits



For employed and self-employed people who live or work in Cardiff, Vale of Glamorgan, Newport or Monmouthshire

RCS is a leading not-for-profit organisation working to help people find, sustain and thrive in work through improved physical and mental health and wellbeing.





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



RCS were amazing. They are supportive, people friendly and prepared to go above and beyond, they try to understand what would suit you. I've been telling everyone I know about them.



GET IN TOUCH TO FIND OUT HOW WE CAN HELP YOU

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In Work Support South East Wales is fully funded by the Welsh Government as part of their Covid-19 response. This allows us to supply our services to you free of charge. Eligibility criteria apply.



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government