

# Access to Work

## What is Access to Work?

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

## For these types of support, you must:

- have a physical condition or disability that means you need support to do your job or get to and from work
- be 16 or over
- be in paid work (or be about to start or return to paid work in the next 12 weeks)
- live and work in Scotland.

## Apply online or by phone. You'll need to give:

- your contact details
- your workplace address and postcode
- the name of a workplace contact who can confirm you work there (they will not be contacted without your permission)
- the email address or work phone number of your workplace contact
- information about how your condition affects your work and what support you think you need.
- **Apply online here**, or visit:

<https://bit.ly/ApplyAccessToWork>

## Support

### Mental Health Support

**Ablefutures** - Available through Access to Work or visit: <https://able-futures.co.uk>

## Eligibility

### Physical health support

The support you get will depend on your needs. Through Access to Work, you can apply for:

- a grant to help pay for practical support with your work
- money to pay for communication support at job interviews.

## Applying

If you need the form in other formats, such as braille, large print or audio CD, call the Access to Work helpline.

You can apply by phone by calling the Access to Work helpline. Make sure you have all the necessary details with you when you call.

## Contact

- Telephone: **0800 121 7479**
- Textphone: **0800 121 7579**
- **Relay UK** (if you cannot hear or speak on the phone): **18001** then **0800 121 7479**
- **Video relay service** for British Sign Language (BSL) users (check you can use the service by [clicking here](#) or visit <https://bit.ly/CheckRelayService>)

Monday to Friday 9am to 5pm

To find out about call charges, click here or visit [www.gov.uk/call-charges](http://www.gov.uk/call-charges)