



0808
281 9288

SASAM

Case Management Support

Who is this support for?

If you are currently on sick leave and are experiencing difficulties with issues such as anxiety, depression, panic, sleep, self-esteem, alcohol, drugs or other barriers that are preventing you from returning to work and reaching your goals, our Case Management Services are here to support you.

On reaching day 10 of your absence, we will contact you to describe the support available and offer you the opportunity to engage.

Support Overview

6 sessions of one to one support with a qualified NHS practitioner. Our initial session will explore your health, wellbeing and current circumstances. The support is individual to your needs and the action plan agreed will focus on supporting you with the areas you have identified as barriers to progress.

During the remaining 5 sessions will provide strategies, advice and practical support to assist you in reaching your goals.

What Happens Next?

If you choose to proceed, you are agreeing to engage in 6 sessions of Case Management support.

This is a voluntary programme, designed to support you.

Your Commitment to the support

Once referred, you will receive a call from a number starting 01355 575 within the next 2 working days to book your assessment.

At your first session, the remaining 5 appointments will be booked.

It is really important you engage in all 6 sessions to experience the full benefits of the support available.