

## How to access Working Health Services Lothian

You can refer yourself, your GP can refer you, or your manager may tell you about the service.

It really doesn't matter how you choose to contact the service, but what is important is that you call the Working Health Services Lothian Hotline **0131 537 9579** (Monday to Friday 9 am–5 pm) and speak to a member of the team. An answer machine will be available out of hours.

The best time to use the service is when you are still at work, feeling that you may have to take sick leave, or when you are absent from your work. The sooner the better. However, if you have been off for some time we may still be able to assist your return to work.

**'I was impressed with the speed and professionalism of Working Health Services. I would recommend them to anyone struggling with their health.'**  
(Office worker)

## What happens next?

Call the **Working Health Services Lothian** Hotline **0131 537 9579**, Monday to Friday 9 am–5 pm.

A friendly and experienced NHS adviser is waiting to take your call.

The adviser will explain how the service operates and will give you clear information about what you can expect to happen from your first contact with **Working Health Services Lothian**.

The adviser will take your details and ask you some questions about your health problem. The answers you provide will ensure that the correct information is passed to a specialist in work health within the team – this is the first step in arranging the advice, support and treatment you may need.

Your participation in **Working Health Services Lothian** is free, confidential, and entirely your choice.

**Working Health Services Lothian Hotline:**

**0131 537 9579**

Monday to Friday, 9 am – 5 pm

## Free and confidential

Working Health Services Lothian is supported by: Scottish Government Health Department, NHS Health Scotland, Scottish Centre for Healthy Working Lives and NHS Lothian.



Working Health Services Lothian

# Is your health working for you?



**NHS**  
Lothian

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## How can Working Health Services Lothian help me?

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Do you have a health problem that is affecting your work?

Perhaps poor health is keeping you off work?

Would you like to see a specialist in work health for advice, support and treatment?

Are there fewer than 250 employees in your workplace?

**Working Health Services Lothian** is the answer. Our experienced team are waiting for you to call.

### Working Health Services Lothian

**Hotline: 0131 537 9579**

Monday to Friday 9 am–5 pm

The cost of the phone call is the same as a local call, because it's an Edinburgh number.

We can assess your health and offer you a range of work health services provided locally by the NHS.

**'The team at Working Health Services helped me to stay in work while treating my back problem, meaning I didn't lose any wages.'**

(Self-employed worker)

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## About Working Health Services Lothian

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Many small businesses are not able to provide specialist work health services for their employees (small and medium-sized businesses usually have fewer than 250 employees). The Scottish Government has funded **Working Health Services Lothian** to allow people who work in small businesses to access a range of specialist work health services.

**Working Health Services Lothian** provides a specialist work health service that is easy to access, and can help you stay in work or get back to work.

**'The health and wellbeing of our employees is paramount to our business, this is why we encourage our employees to access Working Health Services for any workplace health issues.'**  
(Employer, small manufacturing company)

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## Workplace health problems

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Common workplace health problems include:

- ❖ back pain
- ❖ problems with muscles and joints
- ❖ skin problems
- ❖ breathing difficulties
- ❖ stress and other mental health problems
- ❖ health problems caused by accidents at work.

**Working Health Services Lothian** gives you access to a range of specialist health professionals including:

- ❖ physiotherapists
- ❖ occupational therapists
- ❖ occupational health nurses
- ❖ occupational health doctors
- ❖ counsellors/psychological therapists
- ❖ complementary therapists.