



See Me in Work Contact Information

Where can I get more information?

i. Equality and Human Rights Commission (EHRC)

Whilst the EHRC cannot provide advice to individuals, its website contains advice and guidance on rights, responsibilities and good practice, based on equality law and human rights. More information and publications on managing disability and health in the workplace for both employers and employees are available here: www.equalityhumanrights.com

ii. Equality Advisory and Support Service (EASS)

EASS is a telephone service aimed at individuals across Great Britain who need more expert advice and support on discrimination than advice agencies and other local organisations can provide.

www.equalityadvisoryservice.com/

iii. Acas – The Independent Advisory, Conciliation and Arbitration Service

Acas aims to improve organisations and working life through better employment relations. It provides impartial advice, training, information and a range of problem resolution services.

www.acas.org.uk

Telephone: 08457 47 47 47 (Monday to Friday: 08:00 to 20:00; Saturday: 09:00 to 13:00)

iv. Access to Work

Access to Work can help disabled people or their employers if their condition or disability affects the ease by which they can carry out their job or gain employment. It gives advice and support with extra costs which may arise because of certain needs.

www.direct.gov.uk/en/disabledpeople/employmentsupport/workschemesandprogrammes

Telephone: 0800 444 205

Textphone: 0800 444 206

Opening hours:

Monday to Friday 09:00 to 20:00

Saturday 10:00 to 14:00

Closed on Sundays and Bank Holidays

v. Citizens Advice Scotland

Citizens Advice Scotland is the umbrella organisation for Citizens Advice Bureaux in Scotland. They do not offer advice directly but can provide information on Scottish bureaux.

www.cas.org.uk

vi. Employment Tribunals

Employment Tribunals are legal courts. If you think you have been discriminated against, you can apply to employment tribunals about your claim. There are various rules about applying to a tribunal.

www.employmenttribunals.service.gov.uk

vii. Scottish Association for Mental Health (SAMH)

SAMH is a national charity providing a range of information and support for people experiencing mental health problems. This includes employability services to help people get the knowledge, skills and strategies to get back into and/or sustain employment.

www.samh.org.uk

viii. Scottish Centre for Healthy Working Lives

The Scottish Centre for Healthy Working lives supports employers to create a safer, healthier and more motivated workforce.

www.healthyworkinglives.com

There is also a free advice-line on a range of workplace health issues.

Telephone: 0800 019 2211

It is open from:

Monday to Thursday 9am to 5pm

Friday 9am to 4.30 pm.

