

Specialist help and support

Specialist help and support is available for anyone who's managing a disability at work or supporting others.

Employment law or workplace advice

For any work-related problems or questions around disability, employees and employers can:

- [contact the Acas helpline](#)
- [get legal advice](#)
- talk to your trade union or employers' association if you're a member

For employees

If you're disabled and think you're being discriminated against or unfairly dismissed, you can:

- [contact the Equality Advisory and Support Service \(EASS\)](#)

If you're thinking about leaving work:

- [read Scope's advice on stopping work or taking ill health retirement](#)

For employers

Employers can:

- [find support with employee health and disability on GOV.UK](#)
- [read the Health and Safety Executive's guidance on supporting disabled workers](#)

Access to Work

Access to Work is a government scheme that can help people with a physical or mental health condition or disability to get or stay in work. Someone might be eligible for:

- a grant to help pay for practical support with work
- advice about managing mental health at work

[Find out more about Access to Work](#)

Business Disability Forum

Business Disability Forum is a not for profit membership organisation that helps employers support disabled staff and customers.

[Find out more about Business Disability Forum](#)

Disability Confident employer scheme

Disability Confident is a government scheme to help employers recruit, retain and develop disabled people.

[Find out more about the Disability Confident employer scheme](#)

Support for specific disabilities

[Help with work from Macmillan Cancer](#) – for people who have or had cancer and employers

[Learning disability employment services from Mencap](#) – for people with a learning disability and employers

[Mental health support from Mind](#) – advice and support, including a legal advice line

[Advice on specific conditions on GOV.UK](#) – advice and support for a wide range of health conditions and disabilities

Emotional support

Some employers offer support through work, for example:

- counselling or mental health support through an employee assistance programme (EAP)
- staff support networks – for example a disability network
- a mentoring scheme to support disabled people

If you need someone else to talk to, you can contact:

- [Samaritans](#)
- [Scope](#)
- [Disability Information Scotland](#)

Training and tailored support for employers

Acas offers [tailored support for employers](#) to address specific challenges in an organisation.

Our training for employers and managers includes:

- [reasonable adjustments training](#)
- [equality, diversity and inclusion training](#)
- [mental health in the workplace training](#)

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