Working Health Services Scotland (WHSS) provides free confidential advice & health support for people working in companies with less than 250 employees and the self-employed.

Employees can be attending work or off work sick.

The service provides a full bio-psycho-social health assessment conducted by a qualified NHS health professional and where appropriate provides rapid access to:

* Counselling
* Occupational Therapy
* Physiotherapy
* Occupational Health and Safety Workplace advice

Employees can self-refer on **0800 019 2211 and select option 1**

