



## Racing's Support Line (RSL)

RSL is an employee assistance programme, offering advice and support on many aspects of both home and work life in addition to a full range of emotional support.

Racing Welfare's services are nationally accessible with offices in the main racing centres and roving welfare officers covering the whole of the country.

Racing's Support Line is your gateway to all of Racing Welfare's services, including:

- Management support
- Telephone information specialists
- Critical incident support
- Careers Advice and Training Service
- Racing's Occupational Health Service
- Information, advice and guidance services & welfare officer support
- In the moment counselling support

No matter what your concern, no matter how big or small, you can call Racing's Support Line 24 hours a day, seven days a week on 0800 6300 443.

## Racing's Occupational Health Service

Racing's Occupational Health Service aims to reduce staff sickness and ill health, provide accident and injury support and rehabilitation and ultimately help people return to work. It also provides treatment for a range of physical and mental health conditions. Crucially, the service is free to employers and employees and any recommended treatment will be fully funded. Wherever possible treatment will be provided in partnership with recommended physiotherapists.

Services offered are;

- Tailored advice & treatment
- Return to work plans
- Stable and workplace physio sessions



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Head to the Racing Welfare website by scanning the QR code with your phone

**Confidential support for all staff / 0800 6300 443 / Available 24/7**



## Mental Health

The mental health service is here to provide education, preventative support services and, where clinically appropriate, treatment for mental health issues, including addiction support.

Mental health issues affect 1 in 4 people in the UK and a person's mental health can fluctuate throughout their lifetime. Good mental health is not the absence of stressors in a person's life, but instead reflects their ability to cope with these things at any given time.

Racing Welfare can provide a range of mental health support, from a listening ear to a referral to a local welfare officer or to our specialist counselling services including Sleepstation.

## Careers Advice and Training Service (CATS)

CATS is delivered in partnership with Care first and Work Clever and is available to people working in the British horseracing industry. It is here to provide support and guidance to help you to fulfil your career aspirations.

CATS can help develop your career by offering support with:

- Practical assistance
- Professional development
- Job seeking
- Returning to work
- Career change
- Coaching
- Management support

CATS also provides funding, subject to eligibility criteria, to pay for training and development opportunities to help you to grow your skill set and enhance your knowledge.



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