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Cymru  
lach ar  
Waith

Healthy  
Working  
Wales

Cymorth yn  
y Gwaith

In-Work  
Support

t: 01745 336442

e: [hello@rcs-wales.co.uk](mailto:hello@rcs-wales.co.uk)

Part funded by the  
European Social Fund through  
the Welsh Government

# Off work sick?

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- Free and confidential support with mental or physical health
- Rapid access to free therapy
- For employed or self – employed people who live or work in Conwy, Denbighshire, Anglesey or Gwynedd.

**Call us to book an appointment – 01745 336442**