

## **Self-referral to Occupational Health**

Since May 2014 you are no longer able to refer yourself to Occupational Health.

If you wish to meet with Occupational Health to discuss a work-related health issue, you will need to ask your line manager to make a referral via the paperwork which can be found via [Information for Managers](#).

If your line manager is part of the problem which you feel necessitates your referral, please approach your College/University Service or Human Resources Manager who can refer you instead.

Our Employee Assistance Programme, PAM Assist, is of course available 24 hours a day to assist you with personal support for health and wellbeing.

Your GP will also help with any specific health worries that you may have.

There is also further information on [self-help](#) on the University's [CAPS website](#).