



Get **personalised**
care and support
on your road
to recovery

Occupational incapacity due to mental illness

Returnto**Work** 

From burnout to recovery with individual counselling

Coping with **burnout or depression** is an ordeal. If this ever happens to you, it impacts all facets of your life.

On the financial front, your **loss of income** is partly compensated by the disability benefit of your group income protection insurance.

But the **non-financial consequences**, such as social isolation and uncertainty about the future, are at least as serious. Moreover, the longer the inability to work, the greater the struggle to return to a balanced and active life.

That is why, in mental stress-related disorders such as burnout, depression and anxiety disorders, **it is vital to start working on recovery as soon as possible**, albeit taking things step by step.

If you ever suffer from burnout or depression, you do not have to face it alone.

You can count on personal and qualitative care and guidance through your employer and AG's Return to Work programme, which is specially designed to support you on your road to recovery.



Return to Work with AG

If you face a long-term psychological stress-related condition that makes you unfit for work, your employer and AG are there for you. Together, we offer **proactive and personalised support**, helped by a dedicated external team of **specialised healthcare partners**.

The aim of the **Return to Work** care and support programme is to help you recover your mental well-being and resume active life under the best possible conditions, with all the support and understanding you need on your road to recovery.

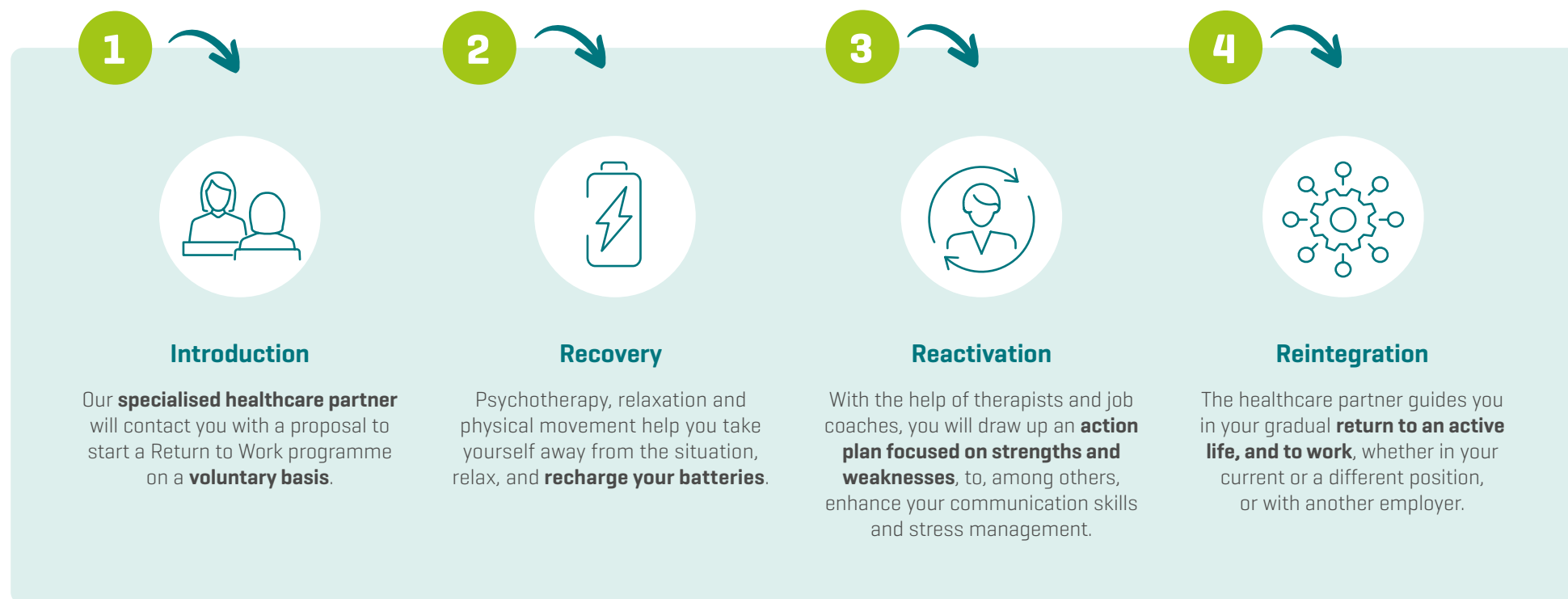
How does a care and support programme work?

AG conducts an administrative assessment of your situation before enrolling you in the programme. Are you eligible based on the conditions? We proactively provide you with a suitable programme.

7 out of 10 people say they have regained control of their lives after completing the Return to Work programme.



This is a four-step process:



The Return to Work care and support programme:



Any questions?

Do you have any questions about the Return to Work programme?

You can find most of the answers on [our website](#) or in your [MyAG Employee Benefits app](#)