

## **Resources that can help you get back to work**

The longer you are away from work after an injury, the harder it is for you to get back to work at all. Staying active and working while you are recovering can help you heal faster.

### **Workplace changes**

Your employer may be able to help you stay at work or get back to work by making changes to your workplace or the type of work you do. Check with your employer or workers' compensation insurance carrier to see what services and equipment are available.

### **Job searches, training, and child care**

Texas Workforce Commission (TWC) has centers across Texas that offer free services to help you return to work. Call 1-800-628-5115 or go to [www.twc.texas.gov](http://www.twc.texas.gov) for help with:

- Job searches;
- Job training;
- Child care; and
- More.

### **Keeping and finding a job**

TWC can help if you have problems keeping or finding a job because of an injury, illness, or disability. Call 1-800-628-5115 or go to [www.twc.texas.gov/jobseekers/vocational-rehabilitation-services](http://www.twc.texas.gov/jobseekers/vocational-rehabilitation-services).

### **Complaints and disputes**

If you are injured at work, DWC can help you resolve a dispute or a complaint with your employer or insurance carrier. To get help, call 1-800-252-7031 or go to [www.tdi.texas.gov/wc/employee](http://www.tdi.texas.gov/wc/employee).