

At a glance...

Employment can be an important part of our lives as it can supply us with rewarding feelings and a positive sense of purpose. Therefore, if somebody is facing barriers around employment it is understandable that this may affect their wellbeing.

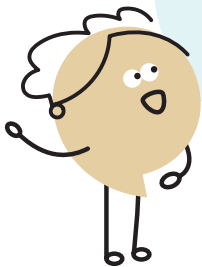
Norfolk and Waveney Talking Therapies offers everybody a chance to gain support and overcome the barriers they may have regarding employment.

Client Feedback

"I truly believe the support I received was a big reason why I was awarded my new role. The sessions helped me build confidence and shift my mindset—two things I've struggled with in the past."



"The advice I received helped me secure a job. Every question I had was met with professionalism and knowledge."




Contact us


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 **nandwtalkingtherapies.org.uk**

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If you would like this information in large print, audio, Braille, alternative format or a different language, please contact Customer Services on **01603 421486** or send an email to **customer.service@nsft.nhs.uk** and we will do our best to help.

Norfolk and Waveney Talking Therapies is provided by Norfolk and Suffolk NHS Foundation Trust working with Norfolk and Waveney Mind and Relate.

We work together to deliver a range of support interventions for people aged 16 and over with low mood, anxiety and depression. For more information about who we are visit: **nandwtalkingtherapies.org.uk**

Norfolk and Waveney Talking Therapies is commissioned by Norfolk and Waveney Integrated Care Board.

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**Norfolk and Waveney
Talking Therapies**

Employment Support



Our Employment Advisers are available to complement your support and recovery within Norfolk and Waveney Talking Therapies. They are here to give you an opportunity to seek advice, support and motivation around employment.



for anxiety and depression

What is The Employment Support Service?

Our Employment Advisors are here to support anybody who is currently referred into Norfolk and Waveney Talking Therapies by providing advice, motivation and guidance about the barriers they may be facing around work.

This can assist recovery by providing additional support regarding employment; this can be accessed before, during or after support received from therapy.

An Employment Advisor is there to support you to reach your own personal goals around finding, returning to or remaining in employment.

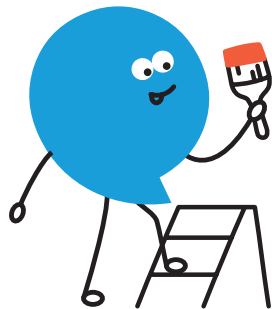
How does Employment Support help?

Many people come to Norfolk and Waveney Talking Therapies with low-mood, depression, anxiety or stress, and a lot of the time these feelings can be being caused directly or indirectly by work.

By having advisers available to help, the aim is to help you find and action practical solutions to complement your therapy.

When we are not feeling well, these kinds of work related problems can feel especially hard to resolve. Previously, such assistance has not necessarily been available through mental-health care, but now we have evidence and studies that demonstrate the effectiveness of this additional support.

Working closely with someone who can offer you empathy, lived-experience, practical knowledge, impartiality, honesty and positivity can be invaluable when it comes to shaping your recovery.



Who is Employment Support for?

For people wanting to **FIND** work we can...

- Support them to be 'job ready' and / or get closer to their goals
- Provide careers / volunteering information and advice
- Offer employability services
- Liaise with Jobcentre Plus
- Provide signposting for support with benefits
- Work with employers to break down barriers

For people wanting to **REMAIN** at work we can...

- Support them and liaise with their employer in relation to disciplinary / capability / grievance procedures at work
- Mediate relationship difficulties / bullying, etc. while in work
- Support them through redundancy / change
- Provide careers information, advice and coaching

For people wanting to **RETURN** to work we can...

- Support them and negotiate with employers to enable them to:
 - return to work after a period of ill health e.g. making adjustments, phased return
 - return to work after other difficulties e.g. bullying, conflict
- Link employers to workplace mental health strategies, information and training

How do I access Employment Support within Norfolk and Waveney Talking Therapies?

Clients who are being supported by NHS Talking Therapies and wish to pursue Employment Support can be helped at any-time while with the service. You can access this support when it is right for you; From your initial contact with service, to identifying Employment Support needs in your work with a clinician, or as part of your ongoing recovery journey once you are feeling a bit better.

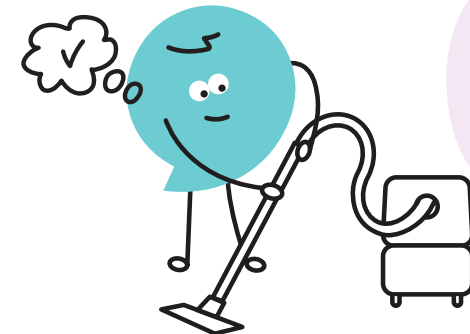


What happens next?

You will have an initial appointment with an Employment advisor (usually initially over the phone) to look at support needed. Subsequent appointments if you would like to, along with support over the phone, can be held either virtually via a video call or at a community location or Hub.

How can I get more information?

If Employment Support sounds like something you would like to explore further, visit our website for more information or ask your clinician to make a referral on your behalf. Visit our website at nandwtalkingtherapies.org.uk or by scanning the QR code opposite.



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