



What happens after I've been referred?

1. One of our advisors will contact you to book an initial assessment.

2. During the initial assessment we will explain the service and may begin work on a vocational profile which will outline key features of your support needs and goal planning.

3. The vocational profile can take up to three appointments to fully take shape, and will be updated on a regular basis.

4. We encourage face to face appointments but can also offer video calls and telephone support.

5. Your case will close when you no longer need support, or if you are discharged from your mental health team.



Email us:
portsmouthemployment@solentmind.org.uk



Visit us:
www.solentmind.org.uk/portsmouthips

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**Portsmouth IPS
Secondary
Employment Team**



How can you help me get a new job?

When you are referred to our service you will be allocated an IPS Employment Specialist who will build a vocational profile and goal plan to help identify the career path you want to pursue, how we can work best with you, and any barriers that are holding you back from employment.

We can help you build a new or updated CV, assist in your job search, prepare you for interviews and advise you on rights at work and disclosing your mental health to an employer.

We can also, with your consent, directly contact employers on your behalf: promoting your suitability for a particular role.

Once you have found your job we will continue to support you with an in-work support plan, offering you regular appointments to assist in making your working life a positive experience.

We can also support you in thinking about progressing your career.

Already employed? We can still help!

Our service can help you to move on and find alternative employment. Or our job retention service can support you in an existing role, helping to overcome barriers to staying in post, advising on disclosure of mental health and making reasonable workplace adjustments and rights at work.

If you are looking for alternatives to paid employment, we also have a dedicated employment specialist who can support you in finding a volunteering role or education or training courses.

Who can get employment support?

You must be receiving support from a Solent NHS Trust Mental Health Recovery Team to be eligible.

How do I access employment support?

Simply ask any mental health professional involved with your support to request a referral, including ICM (Intensive Case Management) or the A2i duty team (Access to Intervention).

You can contact ICM and A2i duty team on 0300 123 3921.

Feedback from our service users:



I found my employment advisor very helpful. He helped me get two jobs I am very happy with.



I received amazing support, especially in regards to a work situation I was in. It made me more confident in understanding what I wanted from work and also my rights at work as an employee.



Supportive and friendly and gave me the confidence to not give up.



...Very helpful. The support extended from helping me make a new CV to guiding me through my college application. When I felt hesitant and worried....(the support)...helped me feel reassured.

