



**Primary Employment
Service in
NHS Talking Therapies
Portsmouth**



**Talking Therapies
Portsmouth**

Welcome to the Solent Mind Employment Service!

Our Employment Advisors work in partnership with the NHS Talking Therapies Portsmouth team. Our goal is to provide you with personalised support for your job-related needs while you're receiving therapy.

Who we are:

Our Employment Advisors come from diverse backgrounds, including HR, management, recruitment, education, and mental health services. We all have personal experience with mental health and workplace challenges, so we truly understand where you're coming from. We're here to offer the support and understanding you need!

We understand that mental health issues can affect your work life, and work can impact your mental health. Finding a way to balance these aspects can sometimes feel overwhelming. It might even seem like you're stuck, but we can help you find a way forward.

No matter what your job situation is or what you want to achieve, we're here to listen and support you.

We look forward to working with you!



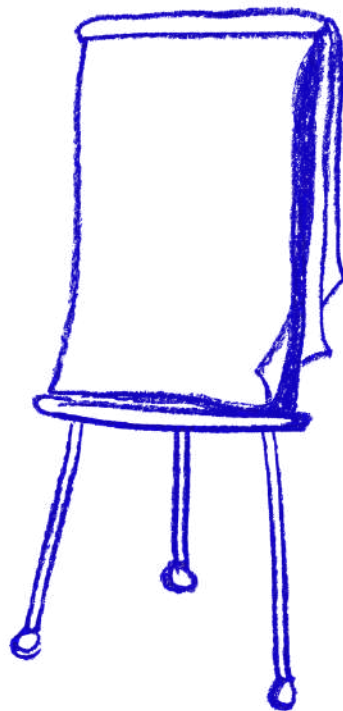
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Preparing for your assessment

Once you're referred by your Therapist, you should hear from us within about 2 weeks. We understand that getting support in a timely manner is important so we try to get in touch sooner if we can!

Your Employment Advisor (EA) will send you a text to introduce themselves and arrange a time for your first assessment. This can be done over the phone, virtually via Microsoft Teams, or face-to-face in the community.

You'll receive a Service Agreement by email or text, outlining what to expect from us and what we need from you. If you have trouble reading it, don't worry—we can go through it together during your assessment.

To make the most of your assessment, it's important you are comfortable to talk openly about your situation. If you're driving, we'll need to reschedule to a time when it is safe to do so.

During the assessment, we'll ask about your current job situation, any challenges you're facing, and your goals. This helps us create a plan that's right for you.



How we support you

One-on-one help:

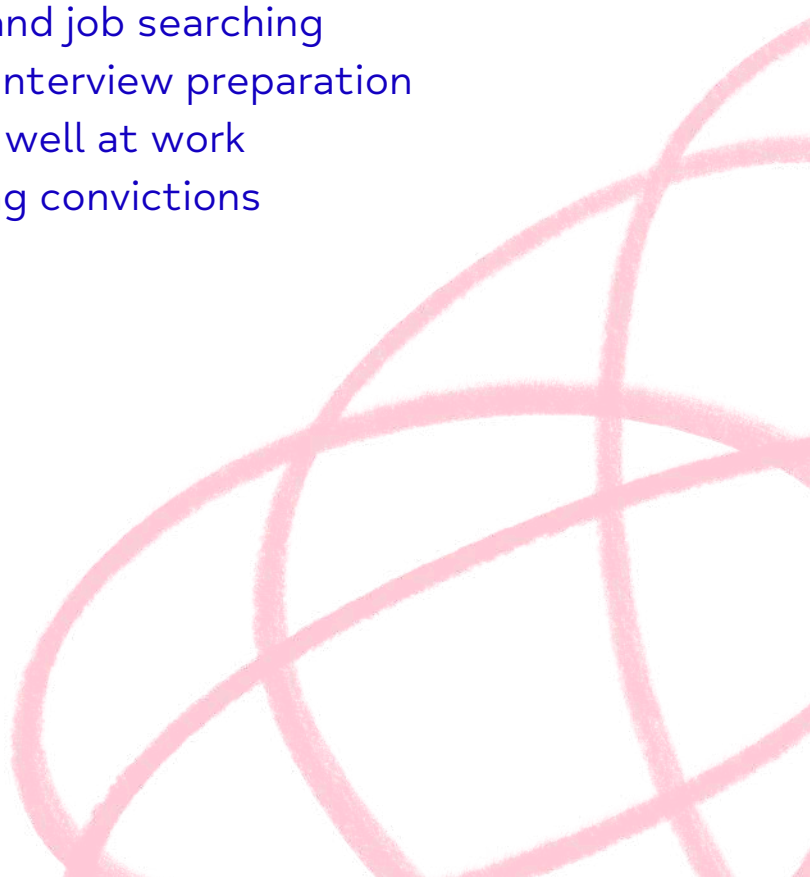
We can connect by phone, online, or face-to-face in the community—whichever you prefer.

Workshops:

We also offer workshops on CV writing, interview skills, and wellbeing at work.

If you're looking for work:

Help with right-to-work documents
Understanding how a job might affect your benefits
Identifying your skills
CV writing and job searching
Application and interview preparation
Staying well at work
Disclosing convictions



How we support you

If you're off work and looking to return:

- Creating a return-to-work plan
- Understanding workplace policies and your rights
- Requesting adjustments
- Developing a Wellness Action Plan
- Stress risk assessments
- Drafting letters to your employer

If you have an issue at work:

- Raising concerns
- Negotiating adjustments
- Helping your employer understand your mental health needs
- Understanding your rights
- Preparing for redundancy

If you need help with housing, benefits advice, accessing foodbanks, community groups, or self-employment advice, we can connect you with the right support.



Getting the most out of employment support

Attending your sessions regularly and completing tasks between them will help you make progress.

If you're having any difficulties, let your Employment Advisor know so we can offer extra help or adjust things to better fit your needs.

If you ever feel you need to focus on therapy before addressing employment goals, that's perfectly okay. You can return to the Employment Service later with a new referral from your therapist when you're ready.

Please keep in mind that we can only accept referrals while you're receiving treatment at Talking Therapies. If you're discharged from treatment, unfortunately we won't be able to accept your referral.



Client feedback

“Without the help from my Advisor, I would have spiralled. They were extremely professional yet had a human touch that made me feel at ease every time we spoke. I would highly recommend anyone to use this service!
Amazing experience!🙏

“It has given me the tools to be able to return to work. Made me feel confident in asking for help and for things to be looked at by my manager.🙏

“My EA was able to expertly guide me through the process and was so helpful and understanding. I am now in a fantastic new role and feel everything has been dealt with correctly, which has relieved so much pressure. I am very grateful to her and the service. Thank you!🙏

Further support

Talking Therapies Portsmouth, and the Employment Service is not an emergency mental health service for people in crisis.

Support is available from specialist services if urgent help is needed.

Contact your GP

Call 111, and select option 2 for mental health service

Call The Samaritans 116 123

Text SHOUT 85258

In the case of emergency, contact 999

