

**Name:** Anne\*

**Job title:**  
Housekeeping  
Assistant

**Key skills:**

- Organised and methodical
- Good attention to detail
- Works well in a team
- Good at problem-solving



**How I keep well at work**

“Keeping busy and having a structure helps me manage my Schizoaffective Disorder. I am also on the autistic spectrum and have chosen to do a job where attention to detail and routine makes the most of my strengths.”

Anne\* is just one of our talented employment candidates that we help every day to secure paid employment.

We believe that with the right support, everyone can make a positive contribution in the workplace.

Could your business benefit from skills like Anne's? Get in touch with our team to find out more.

Portsmouth Employment Support Service is a part of Solent Mind's Portsmouth Support and Recovery Service, a unique working partnership with Solent NHS Trust, helping people using the Adult Mental Health Service in Portsmouth to receive both clinical and recovery-led support.

**Contact Us**

✉ [YBegum@solentmind.org.uk](mailto:YBegum@solentmind.org.uk)

☎ 07738 885 839

We're Solent Mind,  
Hampshire's leading  
mental health charity.



We're here to make sure that anyone with a mental health problem has someone to turn to for advice and support.

Find out more at [www.solentmind.org.uk](http://www.solentmind.org.uk)

Follow us:



Registered Office: Solent Mind, 15-16 The Avenue, Southampton, SO17 1XF

Registered Charity No. 1081116

Registered with Limited Liability in England and Wales No. 4004500

APRIL 2020 MIN 85

# Portsmouth Employment Support Service



Helping people  
to have good  
mental health in  
the workplace



Solent

# Portsmouth Employment Support Service

We know that employees who live with mental health problems can be effective, skilled and well-respected colleagues in all kinds of businesses.

Our service helps people discover the skills and qualities that make them an asset to employers, then match them to industries where they will thrive.

Our practical support covers the entire employment journey, from CV writing skills and interview preparation to ongoing 1:1 support as they continue in their new roles.

We also work with businesses of all sizes to help make their workplace an inclusive space, and support managers to learn mental health skills through Solent Mind's training opportunities.

**Name:** Kerry

**Job title:**  
Customer  
Service  
Advisor



**Key skills:**

- Good listening skills
- Experienced with data entry and Microsoft Office
- Patient and positive
- Good attention to detail

**How I keep well at work**

"Because of my Psychosis, I take medication to manage my symptoms, so my working pattern will need to fit in with this. Taking an occasional 5 minute break from my desk to sit somewhere quiet helps me manage stress."

Every day, we work with skilled candidates who are ready to make an impact in the workplace.

Could candidates like these help you reach your business goals?

**Name:** Armaan

**Job title:**  
Vehicle  
Service  
Technician



**Key skills:**

- Level 3 City & Guilds Motor Vehicle Engineering
- Knowledge of Health & Safety
- Good interpersonal skills
- Experience of working with welding

**How I keep well at work**

"As I live with Bipolar Disorder, keeping a regular sleep routine helps to stabilize my mood. A structured, stable set of weekly working hours really helps with this."

**Name:** Paul

**Job title:**  
Web Assistant



**Key skills:**

- HTML, CSS, JavaScript
- Experience with SEO and analytic tools
- Good problem solver
- Logical thinker

**How I keep well at work**

"I'm open about my Obsessive Compulsive Disorder and when I start a new role, I make time to sit with my line manager and make them aware of the things that can help me manage triggers at work."

