

Employment Support



Welcome to the Employment Service

We provide you with personalised support for your job-related needs while you're receiving therapy.

Who we are

Our Employment Advisors have a wealth of knowledge and experience in HR, employability, management, recruitment and education.

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 are stuck but we can help you find a way forward.

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

We look forward to working with you.

Contents

Preparing for your assessment

How we support you

Getting the most out of employment support

Feedback

Further information



Preparing for your assessment

Once you have been referred by your therapist, you will hear from us within ten days. We understand that getting support when you need it is important so we aim to get in touch sooner if we can.

Your Employment Advisor (EA) will call you to introduce themselves and arrange a time for your first assessment.

To make the most of your assessment it is important you are comfortable to talk openly about your situation.

We cannot carry out an assessment while you are driving.

During the assessment we will ask about your current job situation, any challenges you are facing, and your goals. This helps us create a plan that is right for you.



How we support you

Individual support

We can connect by phone, online, or face-to-face in the community

Workshops

We also offer workshops on CV writing and interview skills

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 food banks, 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 are having any difficulties, let your EA 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 is perfectly okay. You can return to the Employment Service later with a new referral from your therapist when ready.

Please keep in mind that we can only accept referrals while you are receiving treatment at Talking Therapies.

If you are discharged from treatment we will not be able to accept your referral.

Feedback

I've thoroughly enjoyed my meetings with my Advisor. Their enthusiasm, encouragement, and extensive knowledge of employment have been invaluable in supporting my journey back into the workforce.

I never knew this service existed and I'm so grateful it was offered to me as it has significantly helped me look forward to my next career opportunity since suffering with my health conditions. I cannot thank the team enough as they provided me with so much help and put me on relevant webinars that have built my confidence levels up.

The EA was my rock over the last few months. With her encouragement, support, and kindness, I was able to navigate through a difficult situation and was well equipped with all the knowledge I required, which ended with a happy outcome. Thank you!

Further support

NHS Talking Therapies Hampshire and the Employment Service is not a crisis service.

For urgent help

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

