



Talking Therapies
Hampshire

Employment Advice



for anxiety and depression

How can you help me?

It's not always easy to look after yourself when you're facing stress or conflict in work, wanting to get back into work or looking for a new job.

That's why in addition to your therapy, we can offer you Employment Support.

We can help you to start, stay and succeed in work so you can focus on your wellbeing.



If it's new employment you're looking for, we can help you with all types of job preparation.

We can also provide advice and guidance on any current workplace problems you may be having.



Some ways we can help

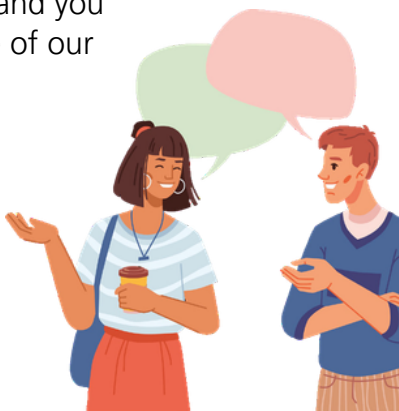
- Groupworkshops
- One-to-one telephone support
- Work and wellbeing webinars
- Engagement with your employer (optional)
- Signposting support

Who can get Employment Support?

You must be accessing the Talking Therapies service for therapy to be eligible for help from an Employment Advisor.

How do I access Employment Support?


Let your Talking Therapies practitioner know that you'd like Employment Support and you will be referred to one of our Employment Advisors.




Further information

Goto the TalkingTherapieswebsiteand look for 'How we help' and then 'Employment Support'.

There are practical tools for you to use and webinars for you to watch at your own convenience that you may find helpful.




Excellent service!
Helpful, supportive, kept in contact, gave excellent advice and was at the end of the telephone or email if needed.



I found the advice given extremely helpful and insightful. I'm extremely grateful to Talking Therapies, for all the support and helpful information I have received. It's been instrumental in getting me through a very difficult period at work. Thank you!

What happens after I've been referred?



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

We will ask you for more detail about your employment situation

We will offer you advice and practical tools to help you with your situation

Depending on your situation, you may have a number of follow up support calls

When you no longer need Employment Support you will be discharged

How can I find out more?



Call us:

023 8038 3920



Email us:

hiowh.tth@nhs.net



Visit us:

www.talkingtherapiesHIOW.nhs.uk

Scan me



NHS

**Talking Therapies
Hampshire**

Service delivered in partnership between
Hampshire and Isle of Wight Healthcare
NHS Foundation Trust and Solent Mind

© February 2026.

Created by HIOW Healthcare NHS Foundation Trust.
Communications and Engagement Team.

SH02534 | All rights reserved