



in partnership with



## What is Employment Support?

To complement the support provided by a Psychological Wellbeing Practitioner, CBT Therapist or Counsellor within VitaMinds, you can also access voluntary support from an Employment Advisor which often continues alongside your treatment. Our support allows you to focus on your employment difficulties which may be impacting you as a result of low-mood or anxiety or directly due to your work and can help you if you are currently in work, off sick or unemployed and seeking work.

## How does Employment Support Work?

Work plays an important if not vital role in our lives. It is therefore important to consider how performance expectations at work make you feel and how your work leaves you feeling each day, whether it has resulted in a period of sickness absence.

Once you have attended your assessment with your therapist, you will be offered a referral to support you with any discussed employment difficulties. From the onset we will help you to initially identify and agree an employment goal, then together plan the steps needed to support you to achieve your goal. At times we may also help you to identify where you can access specialist support and advice, to help you make an informed decision on progressing your concerns.

## How Can I Access the Employment Support Service?

Please discuss employment support with your Psychological Wellbeing Practitioner, CBT Therapist or Counsellor, who will be able to refer you directly for employment support.



# What type of Employment Support can I receive?

Each support package is individually tailored to meet your personal circumstances and requirements.

We can provide:

## Support to return to work

When you aren't feeling well, work problems can feel overwhelming and having to take part in unfamiliar conversations with individuals including Managers, HR Advisors, Occupational Health Advisors, GP's and Union reps can feel very daunting.

If you are on sick leave, we can support you to:

- Plan a return to work that is manageable and achievable for you
- Consider advice on reasonable adjustments
- Explore return to work solutions to facilitate effective discussions with your employer

## Support to remain in work

Employment Advisors can guide you through such conversations by providing practical information and advice to understand the processes and provide your input into them to aid support and recovery.

If you are struggling in work, we can help you to:

- Identify areas of concern and agree realistic solutions
- Support you in discussing your mental health within your organisation
- Raise your concerns constructively to inform reasonable adjustments from your employer
- Support you with workplace meetings that focus on your wellbeing

## Support to find work

Finding new employment can appear to be a challenging process at the best of times, but even more so when we are experiencing difficulties in our wellbeing which impacts our motivation and mood. Employment Advisors can help you review your job search needs and create a plan of action including local provision who can continue supporting you after your period of support with Vita Minds.

If you are looking for work, we can:

- Provide tailored careers information, advice and guidance
- Help you to review or create a CV, assist you with job application forms
- Offer practical job search skills and advice
- Support you to prepare for interviews
- Identify volunteering and training opportunities
- Signpost to help with broader issues such as benefits advice and housing needs

**We aim to provide a collaborative approach to our support by working closely with your Therapist, to gain improvement in both your health and work needs.**

**We offer a confidential and impartial approach at all times but are unable to provide legal support or advice. Support can also continue after you have been discharged from your therapist.**

# Get help now



Phone: 0330 094 5595



[vitahealthgroup.co.uk](http://vitahealthgroup.co.uk)



Monday – Friday 8.00am – 8.00pm  
Saturdays 9.00am – 12.30pm

