

**Brighton
and Hove
Wellbeing
Service**



employment advisors service

- advice on employment issues
- help with job seeking
- workplace wellbeing
- support to return to work
- talking to your employer

We can help...

brightonandhovewellbeing.org

Who are we? The Employment Advice Service offers specialist advice, information and support in job seeking and with any work related issues that you may have.

The Employment Service is delivered by Mind in Brighton and Hove as part of the Brighton and Hove Wellbeing Service. It is designed so people can access employment help and support whilst they are receiving treatment for their mental health if needed.

The Employment Advice Service is open to anyone aged 18+ currently accessing the Brighton and Hove Wellbeing Service. The service is free and voluntary. You will be asked by your clinician if you would be interested in using the service as part of your assessment and ongoing treatment.

How can you support me?

The advice and support we can provide is led by what you want and tailored to your needs. The service is issued based and time limited. However, in most cases, we can continue to offer Employment Support for a period after your mental health treatment has come to an end if appropriate.

We offer 1 to 1 personalised support via telephone or video appointments, face to face meetings, and by email. We offer some early evening appointments for people in work. We also run some online workshops.

The help and support we can offer includes:

If you are looking for work:

- Help you identify your skills, strengths and vocational goals
- Assist you to access courses, training or voluntary opportunities
- Practical support with job searches, CVs, application forms and interview practice
- Help you plan for how you might manage your mental health when returning to work or learning

“The advisor was of the utmost help, her ability to make the service work for me was tremendous, and her insights were invaluable too.”

If you are in work but experiencing problems:

- Help you to identify the issues that are impacting on your mental health
- Support you in talking to your employer about your mental health
- Attend workplace employment meetings with you, if this would be helpful
- Assist you in agreeing a plan of action with your employer, that will support you to keep well at work
- Provide information on your rights (we cannot offer individual legal advice, but can signpost you to agencies who can)

If you are on sick leave:

- Help you explore what you may need in order to return to work
- Assist you in requesting reasonable adjustments from your employer
- Support you to communicate effectively with your employer (including writing letters and attending meetings to support you)
- Provide information on your rights

How do I access the service?

To access the Employment Advice Service, please **speak to your practitioner at the Wellbeing Service** who can refer you.

Once referred, we will contact you to discuss the service and **arrange an initial appointment**.

“I couldn't have made it back into work without your support.”



“The advisor gave me such good advice, helped me to feel positive and motivated. I just could not face updating my CV but she helped with that too. I went for a job and got it!”

Our service users said...

“It was very helpful to speak to someone who knew how to go about finding work outside of my previous profession.”

“Accompanied me to a difficult work meeting online, and held me accountable with regular check-ups on my job search progress.”

“The service understood my needs, and helped me not be afraid of going back to work, and made me a plan for going back to work. It was very helpful to take some of the stress and anxiety that I was feeling.”

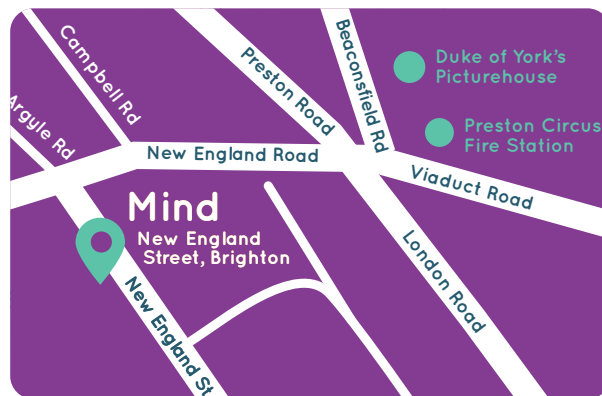
“Really helped me feel listened to, which is vital when trying to pick a way through dealing with work and illness.”

“It is the first time I have this service and I have been really impressed. The advisor listened to me and really understood concerns. Their advice and practical help were really relevant and I really appreciated them checking in with me to see how I was getting on.”

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employment
advisors service

The Employment Advisors Service is based at: **Mind in Brighton & Hove**,
51 New England Street, Brighton, BN1 4GQ
Tel: 01273 66 69 50



We are located between Enterprise Car Hire and GER & Sons Recycling plant.

For more information, please contact the Wellbeing Service on **0300 002 0060**.

