

Southdown

Making Life Work

Work and Wellbeing

An employment service for people living with mental health support needs in Sussex.

Being in work can help maintain good mental health.

It gives us a purpose, promotes independence and can improve the way we feel about ourselves.

Our Employment Specialists will work with you to help you secure or retain a job that is right for you.



Centre for
Mental Health
IPS Centre of Excellence



Working with:



Providing specialist housing,
care and support in Sussex since 1972

www.southdown.org

Work and Wellbeing is a specialist employment service for people living with mental health support needs across Sussex. As well as supporting you to achieve your employment aspirations, we will help you to explore other issues that are affecting your ability to secure or sustain work. The service is provided in partnership with the Sussex Partnership NHS Foundation Trust.

How support is provided

Support is provided through an approach called Individual Placement and Support (IPS), which is recognised as best practice in supporting people with mental health challenges to secure or retain paid work. Our approach brings all parties together to ensure you get a job that suits your needs and your employer gains or retains an employee that can work effectively and contribute to the business.

What to expect

You will receive one to one support from an Employment Specialist to create an 'action plan' tailored to your needs and interests. This is followed by a rapid job search, support throughout the recruitment process and, once in work, time-unlimited support for both you and your employer.

Am I eligible?

Support is available for adults aged 16+ living in Sussex who are using a mental health service and are motivated about exploring their work and/or learning goals. We also offer a specialist service for young people who are accessing services from NHS Early Intervention Teams.

How do I apply?

In Brighton and Hove, we accept referrals from NHS Mental Health Teams and other referring organisations working in the area.

In West Sussex, we accept referrals from NHS Mental Health Teams working in the area.

In East Sussex, we accept referrals from individuals and NHS Mental Health Teams working in the area.

For more information and a referral form visit www.southdown.org or contact us on the details below.

Contact us

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