

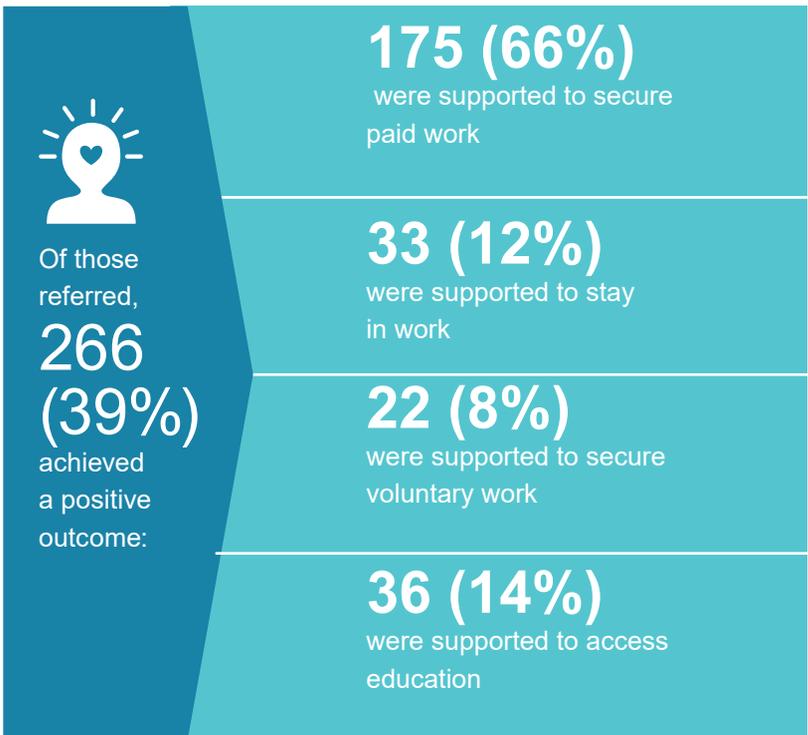
Specialist employment support, provided in partnership with the Sussex Partnership NHS Foundation Trust, to help people accessing East Sussex Health in Mind mental health services secure and retain paid work.

Southdown

Making Life Work

Impact Report (1st November 2017 to 28th February 2019)

Work in Mind (East Sussex)



 Work in Mind was nominated for Best Team (non-clinical) at the Sussex Partnership NHS Foundation Trust's 2018 Positive Practice Awards.

Centre for Mental Health 

IPS Centre of Excellence 2015 - 2018

Work in Mind follows the evidence-based Individual Placement Support (IPS) approach and is identified as an Improving Access to Psychological Therapies (IAPT) service. Southdown is the largest provider of IPS Employment Support in the UK and is recognised by the Centre for Mental Health as an IPS Centre of Excellence.



Our approach brings all parties together to ensure the client gets a job that suits their needs and the employer gains or retains an employee that can work effectively and contribute to the business. The service supported clients to access a wide range of jobs in a variety of sectors including: administrative and support services, retail, education and technical services.

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Making Life Work

Work in Mind (East Sussex)

Case study



“Southdown support has helped me get my job back, which has given me my confidence back, and helped me get my life back on track.

I was referred to Work in Mind by Health in Mind who were trying trauma therapy with me. It wasn't working so they sent me to a psychiatrist.

I'd started to have time off sick from work. I was off for two months. It was all triggered by stress.

I used to work in mental health but I had a breakdown at the acute mental health unit I worked at. At that time my wife was diagnosed with cancer and there were only nine months between her diagnosis and her death.

I was at my worst when I first met my Employment Specialist at the Wellbeing Centre. I couldn't see my way out. I got so bad I couldn't even see my GP for a month and a half. But when I did see one of my doctors it was a quick process and they referred me back to Health in Mind.

I saw my Employment Specialist from Work in Mind at the beginning of December after I had received letters from my employers in November. Because I couldn't open them, and I couldn't contact them, I had lost my job. Initially the support involved doing what I couldn't do – contacting my employers and looking at the letters, emails, and texts. I had regular meetings with my Employment Specialist to check in with how things were.

Support has enabled me to communicate to my employers in a way that suits me. It has helped me identify and avoid any stressors that could cause me to spiral out of control.

I feel positive about the future. I've seen enough, been through enough hurt. I still have an initial panic when there's a problem, but it's short and sweet now because I feel I can message my Employment Specialist.

I'm living a good life now. Not having a job was depressing, as well as me having depression.”

Find out more

For more information visit www.southdown.org or contact Saxon Chadwick, Southdown's Operations Manager for our Employment Services across Sussex. Email saxon.chadwick@southdown.org or call 01323 340 151.