

Southdown

Making Life Work

healthinmind

WORK IN MIND (EAST SUSSEX)

Specialist employment support for people with mental health challenges accessing Health in Mind services.



Are you unemployed and living with mental health challenges?

Our Employment Specialists provide tailored support to help you address barriers you're facing and secure work that's suited to your needs.

Work in Mind is a free service that provides tailored employment support to help people with mental health challenges secure or retain work. The service works in partnership with East Sussex Health in Mind services.



What the service provides

We provide one to one support to help you:

- Secure or retain paid work
- Secure voluntary work and work experience as a stepping-stone to achieving paid employment
- Progress education, qualifications and courses

How the service works

An Employment Specialist will work with you to identify what your vocational goals are. They will then develop an action plan to help you to achieve them as well as address any barriers that are preventing you from accessing work.

If you are already in employment and would like support to retain your job, an Employment Specialist will work with you and your employer to explore challenges you are facing and to consider what options are available.

Am I eligible?

The service is for adults living in East Sussex who are experiencing common mental health challenges, such as anxiety and depression, and are accessing Health in Mind services.

How do I apply?

We accept referrals from Health in Mind teams only.

Please speak to your Health in Mind practitioner or clinician who can refer you directly to us.

Contact details

Work in Mind Team

Call: 01323 340 151/ 07825 253 150

Email: spnt.workinmind@nhs.net