

Southdown

healthinmind

WORK IN MIND (EAST SUSSEX)

Employment-related support for people with mental health conditions accessing Health in Mind services.



Our Employment Specialists provide tailored support and guidance to help you **progress towards your work aspirations** and overcome any barriers you are facing.

www.southdown.org

Work in Mind is a free service providing employment-related support for adults accessing East Sussex Health in Mind's mental health services.

What the service provides

We provide support and guidance to help you:

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

How the service works

We will discuss with you what your employment-related needs are and support you to achieve your goals.

Where possible, we will provide support in line with your time spent with Health in Mind services.

Am I eligible?

The service is for adults in East Sussex who are experiencing common mental health conditions, 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.

For more information about Health in Mind's free courses and therapy to help with stress, anxiety and low mood visit www.healthinmind.org.uk

For more information, please get in touch.

Call 01323 340 151 or email spnt.workinmind@nhs.net