



## What happens after I've been referred?

1. One of our advisors will contact you to book an initial telephone assessment.

2. During the telephone assessment our advisor will ask you to explain your situation in more detail to establish the support you need.

3. You will receive advice, resources, and practical tools to help you with your situation.

4. You may have a number of follow up support calls, depending on your situation.

5. Your case will be closed when you no longer need employment support\*.

\*We can support NHS Talking Therapies patients for up to 3 months after they have completed their therapy.

## How can I find out more?



Email us:  
[portsmouthemployment@solentmind.org.uk](mailto:portsmouthemployment@solentmind.org.uk)



Visit us:  
[www.solentmind.org.uk/PortsmouthEmployment](http://www.solentmind.org.uk/PortsmouthEmployment)

SCAN ME



Delivered in partnership with

**NHS**  
Talking Therapies  
Portsmouth

**NHS**  
Solent  
NHS Trust

 mind Solent



Portsmouth Primary  
Employment Service  
in Talking Therapies



## How can you help me?

It's not always easy to look after yourself when you're facing stress or conflict in work, looking to get back into work or looking for a new job.

That's why in addition to your therapy, Talking Therapies Portsmouth work in partnership with Solent Mind to provide you with employment support.

We can help you to start, stay and succeed in work so you can focus on your wellbeing.

We can help you with all types of job preparation if it's new employment you're looking for.

We can also provide advice and guidance on any current workplace problems you may be having, particularly those that are impacting on your mental health.

If you are not accessing Talking Therapies but want advice relating to employment, you can come along to our Drop-In session at Portsmouth Wellbeing Centre, PositiveMinds.

## Some ways we can help

- One to one support, either over the telephone, online, or face to face in the community
- Online workshops and courses
- Webinars and events
- Sharing resources and signposting to relevant services
- Communication and engagement with your employer (optional)
- Helping you to understand your rights.
- Creating Wellness Action Plans
- Supporting you with Workplace Stress Risk Assessments

## Who can get Employment Support?

You must be accessing the NHS Talking Therapies Portsmouth service for therapy to be eligible for help from an Employment Advisor.

## How do I access employment support?

Let your talking therapies practitioner know that you'd like Employment Support and you will be referred to one of our Employment Advisors.

## Where else can I get information?

Take a look at the Talking Therapies Portsmouth website, and select 'employment'.

You will find more information about how the employment team can support you, as well as some links to useful videos around applications and interviews.



**Excellent tailored and thoughtful advice and guidance given. I had no idea this sort of support was available and it has really helped me navigate a very difficult work period.**



**Very impressed with this service and would recommend to anyone that is struggling with their mental health. Very approachable and supportive service.**

