



Our goal is to help people with mental health problems build their confidence and learn the skills necessary to be successful at work.

We achieve this by delivering a person-centered service and by respecting the needs of each individual.

We do this to challenge stigma and discrimination in the work place and help people with mental health problems achieve their full potential.



### Contact us

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[www.bucksmind.org.uk](http://www.bucksmind.org.uk)



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Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark.

Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 5000185)

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## Employment Support

“Even the hardest puzzles have a solution”



**Have you been out of work for a while because of your mental health problems?**

**Never had a job before?**

**Or maybe you need some support to achieve your full potential.**

Bucks Mind employment support service can help you get back on track, build up your confidence and make the most of your skills and experiences!

We help unemployed individuals get back into work or help those who have never worked to find their first job. This could include voluntary placements, returning to education, or training courses.

Our experienced advisors will be on hand to guide you through your employment journey.

**“The service has been so good for me, I would definitely recommend it to people. I wish more people knew there is help like this to access!”**  
(participant Sarah)

## What's on offer?

We pride ourselves on the variety of options our service provides, meaning that everyone can choose a selection that suits their needs and employment journey plan:

- 1:1 sessions focused upon each individual's employment plan and goals
- Support and guidance in job searching
- CV help
- Interview skills and practice
- Careers advice
- Cover letter help and support with application form completion
- Access and information on work related courses
- Assisting in finding courses to enhance employability skills
- Assisting in locating and applying for volunteer roles

## Case study

When Sarah was made redundant she lost a lot of confidence and self-esteem. We have helped her build this up again through 1:1 guidance and emotional support.

When Sarah was offered interviews, we helped her to prepare for these by discussing interview skills and ideas on how to present herself. We also offered reassurance as she hadn't been for a job interview for many years.

After Sarah had attended only her third interview she had a call back and was offered a full time position in a well-established company in her area. She was extremely happy to have worked with Bucks Mind and enthusiastic to start her new role.

## How does it work?

If you would like to access our service and start your journey today, please go to the employment support section of our website and print out our referral form or we can send you a copy.

Individuals can self-refer or complete with a health professional. The risk assessment, must however, be completed by a professional so that we can tailor the support for you in the most appropriate way.

If you need to discuss this further, please get in touch.

## Am I eligible?

The employment service is free of charge; you are eligible for this service if you:

- Are 18 and over
- Have experienced or are experiencing a mental health problem
- Have a desire to engage in finding employment, volunteering or training courses
- Reside in Buckinghamshire
- Be eligible to work in the UK
- Be able to attend scheduled meetings

