

SPA Contact Centre

Sycamore Unit, Beacon Lane
Grantham, NG31 9DF

Tel: 0303 123 4000 (charged at local rate)

Email: lincs.spa@nhs.net

www.steps2change.nhs.uk

Twitter: [@s2c_lincs](https://twitter.com/s2c_lincs)

Leaflet produced by LPFT Communications Team
E: communicationslpft@lpft.nhs.uk

Every effort has been made to ensure that the information in this leaflet was correct at the time of print. However, changes in law may mean that in time some details in this leaflet may be out of date.

Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible.

The Trust is fully compliant with the Data Protection Act and the NHS Code of Conduct.

All quotes in this leaflet come from patients who have been helped by steps2change. Published March 2019.

I found the compassion and understanding of my problems exemplary. The support I have been given and the tools to overcome my problems have made a big difference to my life.

Alternative formats

If you would like this leaflet in another language or format, such as Braille, large print or audio, please contact:

如果您想要將本傳單用其他語言或格式，例如盲文、大號字體或音頻來顯示，請聯繫：

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Se pretende una cópia deste folheto noutro idioma ou formato, tal como Braille, letra de imprensa ou áudio, contacte por favor:

Если вам нужна данная информация на другом языке или в ином формате, как, например, шрифтом Брайля, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь:

Employment Advisor Service



You are not alone.

This service, alongside your therapy, offers support for employment issues. This includes support with your current employment or help to find employment.



Who are we?

The Employment Advisor service works with people suffering from stress, anxiety or depression to identify solutions to work-related issues.

The experience has helped me to look at things and deal with things and situations I would otherwise not have done. It's given me more confidence in my abilities to handle situations.

How can the service help you?

Remain in work

Talk to you about your job and the specific issues that are affecting you, explore the options available and help you to plan how these options might work in practice.

Return to work

Help you to think about what needs to change and what support you will need to help you to return to work if you are off sick, when you are ready.

Find work

- Help you to identify your employment goals by utilising your transferable skills and experiences.
- Help you to build a CV and carry out job search.
- Help you to complete job applications and enhance your interview skills.
- Help you to overcome the common barriers when commencing and or returning to employment

My employment advisor has been extremely helpful and understanding. They are an asset to the community and to the NHS. Thank you for an excellent service.

How can you access our service?

You can be referred to the employment advisor by one of our steps2change therapists.

My employment advisor made me realise that I could be successful again in a similar job. She was instrumental in my application for what will be a new job starting soon which I'm really looking forward to.