



Your **next** step.  
**What** will it be?





## You are:

- Keen to get back in to a work or training environment
- Recovering from mental health issues
- Not employed

## What you're looking for:

- Volunteer work
- Part-time work
- Permitted work
- Full-time employment
- Training or further education

## What we can help with:

- A service tailored to you
- Finding the paid and voluntary work or training placement you want
- Supporting you with your CV, job search, applications and interview
- Providing ongoing support for up to 18 months

## How to get involved:

Speak to your local...

- Community Mental Health Team
- Condition Management Team
- Jobs and Benefits Office
- Action Mental Health Employment Officer

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