

## Other services which might be useful

ACAS (employment advice)  
[www.acas.org.uk](http://www.acas.org.uk)  
Helpline: 0300 123 1100

GOV.UK (employment rights, terms and conditions and benefits advice)  
[www.gov.uk](http://www.gov.uk)  
(click on 'Working, jobs and pensions' or 'Benefits')

National Careers Service  
<https://nationalcareersservice.direct.gov.uk>  
0800 100 900

Citizens Advice  
(work problems and rights and benefits information)  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(click on Work or Benefits)



Visit us at [www.italk.org.uk](http://www.italk.org.uk)  
Email us [WHCCG.italkservice@nhs.net](mailto:WHCCG.italkservice@nhs.net)  
Call us on 023 8038 3920

## My Story

"The Employment Adviser was fantastic and gave me back some of my confidence in tackling a work related problem. The Adviser was a great support and I've already told others about the service."

*Anonymous*

"Thank you for your support and help. I felt lost and alone in this and appreciate your help so much. It has given me hope that things will now be sorted. Thank you so very very much."

*Female, 53*

italk is provided by Solent Mind and Southern Health NHS Foundation Trust



Solent

Southern Health   
NHS Foundation Trust



*A psychological therapy service*  
Employment Advice



Stay Well, Stay Working

visit us at

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

If you would like this information in **large print**, please call us on 023 8038 3920

## Problems at work?

Numerous studies have shown that being in work generally leads to better mental health, self-esteem and wellbeing.

However, problems at work such as poor relationships with management or colleagues, and workload, can also have a negative effect on our mental health.

Sometimes things outside of work can affect how we feel and this in turn can cause difficulties at work.

## Stay Well, Stay Working...

Trying to cope with work issues when you are not feeling well can seem overwhelming.

If you are currently being supported by italk and your work is affecting you, then our Employment Advisers may be able to help.

The main aim of this service is to help you manage and retain your current employment.

## Did you know?

The three most common reasons for people to be referred to an Employment Adviser are stress, sick leave and bullying in the workplace.

## How to access advice and support with your employment

You must be accessing the italk service to be eligible for help from an Employment Adviser



Ask your Psychological Wellbeing Practitioner (PWP) or High Intensity (HI) Therapist to pass your details on to an Employment Adviser



An Employment Adviser will then contact you to talk about your employment difficulties and explain the support they can offer. They may also give you advice on your situation.



If you need further support or advice the Employment Adviser will arrange to contact you again or they will ask you to get in touch if you need further advice or support with your employment.



When you no longer require support from the Employment Adviser they will discharge you.

However, please note that the Employment Advisers can only continue to support you while you are working with your PWP or HI Therapist.

## How can an Employment Adviser help you?

- Advice and support to retain your job
- Advice on your rights at work
- Help with negotiating adjustments in your work place (such as hours, environment, and responsibilities)
- Advice on returning to your job after a period of sickness absence
- Support to stay well and stay working
- Signposting to legal advice, benefits advice and careers advice



## Would you like more information?

Visit us at: [www.italk.org.uk](http://www.italk.org.uk)

Email us: [WHCCG.italkservice@nhs.net](mailto:WHCCG.italkservice@nhs.net)

Call: 023 8038 3920

Or speak to your Psychological Wellbeing Practitioner or High Intensity Therapist

Scan me using your smart phone to be taken directly to the italk website:

